

Timetable Key

Mind & Body

Flexibility & Core

Monday			Tuesday			Wednesday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
09:30 - 10:30	Yogalates	Monica	09:00 - 10:00	Pilates	Wendi	10:00 - 11:00	Classical Pilates	Wendi
20:00 - 21:00	Pilates	Catherine	19:00 - 19:45	Ashtanga Yoga	Mica	14:30 - 15:30	Hatha Yoga	Leila

Thursday			Friday			Saturday			Sunday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
09:00 - 10:15	Hatha Yoga	Leila	09:30 - 10:30	Vinyasa Yoga	Sumiko	11:15 - 12:15	Ashtanaga Yoga	Mica	09:30 - 10:30	Vinyasa Yoga	Monica
18:00 - 19:00	PureStretch	Catherine	12:00 - 12:45	Fitness Pilates	Chris						

Important Information

- Members can book zoom classes online 8 days in advance
- Classes are limited to 30 participants
- There will not be a waiting list for zoom sessions
- Your Zoom access code will be displayed in the 'class description information box' online
- Please allow enough time to set up to ensure you are ready before the start time
- You will be held in a waiting room prior to the session starting
- The instructor will admit you into the session while registering participants. Only Members who have booked onto the class in advance will be admitted
- All participants will be muted on arrival (unless instructor states differently)
- Please spotlight the instructor on your device to see and hear clearly (on the zoom room controller, click 'Manage participants' 'Hosts name' and 'Spotlight video'
- You are not required to have your video on, however it would be useful for the instructor to be able to see you
- You will not be permitted to join the class after the session has started
- Please do not share the access code as only booked Members will be admitted