



MIND AND BODYSTUDIO

MONDAY

TIME	CLASS	INSTRUCTOR	MINUTES
07.30	Yoga	Mieka	45
08.30	Yoga	Mieka	45
09.30	Pilates	Tara	45
10:30	Seated Movement	Jamie	45
11.30	Pilates Intermediate	Tara	45
18.00	Yin Yoga	Rebecca	60
19.20	Fitness Pilates	Jo	45
20.10	Yoga Stretch	Anna	60

TUESDAY

TIME	CLASS	INSTRUCTOR	MINUTES
07.00	Yoga	Anastasia	60
10.10	Stretch & Relax	Anna	50
11.10	Fitness Pilates	Ness	45
12.10	Stretch & Relax	Anna	55
13.15	Qi Gong	Ben	45
14.00	Yoga	Ben	60
18:00	Hot Yoga	Rebecca	60
19.00	Beginners Yoga	Rebecca	60
20.15	Body Balance	Laura	60

WEDNESDAY

TIME	CLASS	INSTRUCTOR	MINUTES
10.00	Seated Movement & Mobility	Vicki	60
11.20	Fitness Pilates	Jo	45
13.10	Yoga	Anna	50
14.05	Mindfulness & Meditation	Anna	45
18.00	Vinyasa Flow	Rebecca	50
19:00	Restorative Yoga	Julie	60

THURSDAY

TIME	CLASS	INSTRUCTOR	MINUTES
06:45	Sunpower Yoga	Anna	50
08.30	Yoga	Nyree	45
09.30	Yoga	Nyree	45
11.30	Body Balance	Laura	55
12.45	Yoga	Jacquie	90
17.45	Yoga - Intermediate	Jess	60
19.00	Yoga - Yin & Stretch	Jess	60
20.05	Qi Gong	Xian	45

FRIDAY

TIME	CLASS	INSTRUCTOR	MINUTES
08.45	Pilates	Phil	45
09.40	Sunpower Yoga	Phil	45
11.00	Vinyasa Flow	Phil	60
12.30	Qi Gong	Xian	60
13.45	Beginners Yoga	Anastasia	60
15.00	Yoga	Nyree	60
18:00	Hot Yoga	Rebecca	60
19.15	Hot Yoga Stretch	Rebecca	55
20.15	Mindfulness & Meditation	Valeria	60

SATURDAY

TIME	CLASS	INSTRUCTOR	MINUTES
08.45	Beginners Yoga	Valeria	60

SUNDAY

TIME	CLASS	INSTRUCTOR	MINUTES
08:45	Pilates	Hannah	60
09:45	Mindful Movement & Relaxation	Julie	55