

MATWORK TIMETABLE

Monday

07:00 - 07:45	Vinyasa Yoga (Level 1 & 2)
09:30 - 10:25	Pilates (Level 1)
09:30 - 10:25	Beginners Barre (fortnightly)
10:40 - 11:40	Barre (All Levels)
17:40 - 18:35	Hot Flow 32'C (Level 2 & 3)
18:00 - 18:55	Pilates (Level 1)
19:00 - 20:15	Shakti Yoga (All Levels)
20:00 - 21:00	Flow & Restore (Level 1 & 2)

Tuesday

07:00 - 07:45	Barre (All Levels)
09:30 - 10:25	Hatha Yoga (Level 1 & 2)
10:40 - 11:40	Vinyasa Yoga (Level 2 & 3)
17:30 - 18:30	Vinyasa Yoga (Level 1 & 2)
17:40 - 18:35	Beginners Yoga
18:50 - 19:45	Hatha Yoga (Level 1)
20:00 - 21:00	Hot Flow 32'C (Level 2 & 3)

Wednesday

07:00 - 07:45	Warm Flow 26'C (Level 1 & 2)
09:30 - 10:25	Dynamic Pilates (Level 2 & 3)
10:40 - 11:40	Hatha Yoga (Level 1)
17:40 - 18:35	Hot Flow 32'C (Level 2 & 3)
18:15 - 19:10	Barre (All Levels)
18:50 - 19:45	Vinyasa Yoga (Level 1 & 2)
19:15 - 18:10	Barre (All Levels)
20:00 - 21:00	Candlelit Yin Yoga (All Levels)

Thursday

06:45 - 07:45	Hot Flow 32'C (Level 2 & 3)
09:30 - 10:25	Vinyasa Yoga (Level 2)
10:40 - 11:40	Barre (All Levels)
17:30 - 18:30	Pilates (Level 1 & 2)
18:45 - 19:45	Warm Flow 26'C (Level 2 & 3)
20:00 - 21:00	Candlelit Restorative (All Levels)

Friday

07:00 - 07:45	Barre (All Levels)
09:30 - 10:30	Mindful Yoga & Philosophy (All levels)
11:00 - 12:00	Pilates (Level 1)
12:15 - 13:15	Vinyasa (All Levels)
18:00 - 18:55	Warm Flow 26'C (Level 1 & 2)
19:10 - 20:10	Warm Flow 26'C (Level 2 & 3)

Saturday

07:00 - 07:55	Warm Mindful Flow 26'C (Level 1)
08:10 - 09:05	Hot Flow 32'C (Level 2 & 3)
08:15 - 09:10	Barre (All Levels)
09:20 - 10:15	Warm Vinyasa 26'C (Level 1 & 2)
10:30 - 11:30	Hatha Yoga (Level 1 & 2)
10:45 - 11:45	Yoga for Men
17:00 - 18:15	MASTERCLASS (changes weekly)

Sunday

07:00 - 07:55	Hot Flow (32'C) (Level 2 & 3)
08:20 - 09:15	Barre (All Levels)
09:30 - 10:25	Vinyasa Yoga (Level 1 & 2)
10:40 - 11:40	Pilates (All Levels)
11:00 - 12:00	Yoga for Teens
17:15 - 18:15	Candlelit Yin Yoga (All Levels)