

# 2018 TIMETABLE

	MON	TUE	WED	THU	FRI	SAT
6.00	<b>MEDITATION</b> 6.00 - 6.30			<b>BOXING</b> 6.00 - 7.00		
7.00	<b>YOGA</b> 6.30 - 7.30	<b>PILATES</b> 6.30 - 7.30	<b>YOGA</b> 6.30 - 7.30			<b>POWER PILATES</b> 7.00 - 8.00
8.00						
9.00						<b>PREGNANCY YOGA</b> 9.00 - 10.00
10.00	<b>PILATES</b> 9.30 - 10.30	<b>PILATES</b> 9.30 - 10.30	<b>YOGA</b> 9.30 - 10.30	<b>BEGINNERS PILATES</b> 9.30 - 10.30	<b>PHYXME FITNESS</b> 9.30 - 10.30	
11.00		<b>REHAB HIPS &amp; KNEES</b> 11.00 - 12.00	<b>POST NATAL PILATES</b> 11.00 - 12.00	<b>REHAB FUNCTIONAL</b> 11.00 - 12.00		
5.00	<b>PHYXME FITNESS</b> 5.00 - 6.00	<b>METAFIT</b> 5.00 - 5.45	<b>MEDITATION</b> 5.15 - 5.45	<b>PILATES</b> 4.30 - 5.30	<b>MEDITATION</b> 4.30 - 5.00	
6.00		<b>PILATES</b> 6.00 - 7.00	<b>YOGA</b> 6.00 - 7.00	<b>STRETCH &amp; RELEASE</b> 5.45 - 6.45	<b>YOGA</b> 5.15 - 6.15	
7.00	<b>BEGINNERS PILATES</b> 6.15 - 7.15					