

VIRTUAL CLASSES & OPEN STUDIO TIMETABLE 2019

	MORNING		AFTERNOON			EVENING	
MONDAY	VIRTUAL ABS & CORE	OPEN STUDIO	VIRTUAL PILATES BEGINNERS		OPEN STUDIO		OPEN STUDIO
	8.15 – 8.45	9.00-11.00	11.00 – 11.30		15.30-17.00		20.30-22.00
TUESDAY	VIRTUAL ABS & CORE	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO			
	8.15 – 8.45	9.00-11.00	11.00-12.00	14.00-15.00			
WEDNESDAY	VIRTUAL ABS & CORE	OPEN STUDIO	VIRTUAL PIIATES YOGA INFUSION				OPEN STUDIO
	8.15 – 8.45	9.00-11.00	11.00 – 11.30				21.00-22.00
THURSDAY	VIRTUAL ABS & CORE	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO	OPEN STUDIO		OPEN STUDIO
	8.15 – 8.45	9.00-11.00	11.00-12.00	13.30-15.00	15.00-16.00		20.00-22.00
FRIDAY	VIRTUAL ABS & CORE		OPEN STUDIO	VIRTUAL YOGA BEGINNERS	OPEN STUDIO		OPEN STUDIO
	8.15 – 8.45		11.00-12.00	14.30 – 15.00	15.00-17.00		19.30-22.00
SATURDAY		OPEN STUDIO					
		11.00-20.00					
SUNDAY	OPEN STUDIO						
	09.00-20.00						

OPEN STUDIO STUDIO OPEN & AVAILABLE FOR VIRTUAL CLASSES - ASK AT RECEPTION FOR AVAILABILITY