

Class timetable

Monday

Time	Class	Instructor
09:30	Aqua Fusion	
13:00	Pilates	
16:00	Sound Bath	
19:00	Core Ignite	

Thursday

Time	Class	Instructor
10:15	Hatha Yoga	
11:10	Aqua Fusion	
14:00	Dance Fit	
15:00	Stretch and Relax	
18:00	Pilates	
19:15	Pilates	

Tuesday

Time	Class	Instructor
08:30	Yogalates	
09:30	Mindful Movement	
10:30	Yin Yoga	
13:30	Hatha Yoga	
19:15	Sound Bath	

Friday

Time	Class	Instructor
09:00	Hatha Yoga	
12:00	Embodiment	
18:00	HIIT	
19:00	Cardio Beats	

Wednesday

Time	Class	Instructor
09:00	Mindful Movement	
10:00	Yoga Fit	
11:00	Deep Stretch Yoga	
17:00	Hypnoga	
18:00	Embodiment	
19:15	Conscious Connected Breathing	

Saturday

Time	Class	Instructor
11:10	Aqua Fusion	
11:45	Pilates	
12:45	Pilates	
13:45	Pilates	
15:15	Cardio Beats	
16:30	Core Ignite	
17:15	Stretch and Relax	

Sunday

Time	Class	Instructor
07:00	Yoga Tone	
13:00	Sound Bath	
14:15	Core Ignite	
15:30	Stretch and Relax	
18:00	Sound Bath	

All classes take place in the Spa Studio unless marked with an asterisk: *this class will take place in the Indoor Pool.