

WINTER TIMETABLE - as from 06/01/20 to 27/03/20



monday

tuesday

wednesday

thursday

friday

morning

PILATES
10:30 - 11:30
Vicki

PILATES
10:30 - 11:30
Vicki

afternoon

evening

SOMATICS 6 WEEK
PROGRAMME
17:45 - 18:45
Richard

ASHTANGA FLOW
(BEGINNER FRIENDLY)
18:00 - 19:00
Georgina

PILATES
18:00 - 19:00
Vicki

ASHTANGA FLOW
(INTERMEDIATE)
19:30 - 20:30
Georgina

ASHTANGA 1/2
PRIMARY INTERMEDIATE
19:15 - 20:45
Georgina

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