



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Yoga 06:15-07:15 with Dionne		Yoga 06:15-07:15 with Dionne			
Mid Morning	Beginners Vinyasa Yoga 09:30-10:30 with Miho (starts 9th Sept)	Yoga 09:15-10:15 with Dionne	Ballet Barre Fitness 09:45-10:45 with Georgia	Pilates Beginner/Int 9:10-10:10 with Fiona	Yoga 09:15-10:15 with Dionne	Circuit Training 09:00-10:00 with Anne	
Late Morning		Brazilian Jiu Jitsu 10:30-12:00 with Arlans		Pilates Beginner/Int 10:20-11:20 with Fiona		Ballet Barre Fitness 10:00-11:00 with Georgia	Yoga 10:00-11:15 with Naz
Late Morning / Lunchtime	Private 11:30-12:30			Private 11:30-12:30		Brazilian Jiu Jitsu 11:15-13:15 KIDS with Arlans	
Afternoon	Brazilian Jiu Jitsu 14:00-15:30 with Arlans					Brazilian Jiu Jitsu 13:15-14:45 ADULTS with Arlans	
Late Afternoon			Wing Chun 18:30-19:30 with Tam	Pilates Intermediate 18:45-19:45 with Jo			
Early Evening	Pilates Beginner/ Intermediate 19:00-20:00 with Lauren		Yoga 19:45-21:00 with Naz	Pilates Beginner/Int 20:00-21:00 with Fiona			
Evening	Trampoline Fit 20:00-21:00 with Andrea			Brazilian Jiu Jitsu 21:00-22:30 with Arlans			