

MAT CLASSES

REFORMER

MONDAY

Melissa Brier	Matwork Pilates (1-2)	08.00 - 09.00	08.30 - 09.30	Reformer (1-2) P	Jacquie Biggs
Nathalie Proulx	Iyengar Yoga (Open) P	09.10 - 10.25	09.30 - 10.30	Reformer (2)	Jacquie Biggs
Yogi Ashokananda	Himalayan Hatha Yoga (ADV)	10.30 - 11.30	10.30 - 11.30	Bounce + Burn (2)	Jacquie Biggs
Yogi Ashokananda	Meditation + Pranayama (Open) P	11.35 - 12.20	12.30 - 13.30	Reformer (1-2)	Burcu Burcu (88)
Cecilia Holm	Vinyasa Flow (1-2)	12.30 - 13.30	13.30 - 14.30	Beginners (Open)	Burcu Burcu (88)
Melanie Cohen	Warm Vinyasa Flow (1-2)	18.30 - 19.30	17.30 - 18.30	Tower (1-2)	Yujin Choi
Melanie Cohen	Flow + Restore (1)	19.35 - 20.35	18.30 - 19.30	Reformer (2)	Yujin Choi
			19.30 - 20.30	Reformer (1-2)	Yujin Choi
			20.30 - 21.30	Reformer (1-2)	Yujin Choi

TUESDAY

Kate Taylor	Warm Dynamic Vinyasa (2)	07.15 - 08.15	07.30 - 08.30	Reformer (1-2)	Yujin Choi
Kate Taylor	Vinyasa Flow (1-2)	08.30 - 09.30	09.30 - 10.30	Bounce + Burn (2)	Yujin Choi
Patricia Crowe	Gentle Yoga - Hatha (1) P	10.30 - 11.30	10.30 - 11.30	Reformer (2)	Yujin Choi
Patricia Crowe	Warm Vinyasa Flow (1)	12.15 - 13.15	11.30 - 12.30	Beginners (Open)	Melissa Brier
Melissa Brier	Matwork Pilates (1)	17.20 - 18.20	12.30 - 13.30	Reformer (2)	Jacquie Biggs
Gemma Latta	Warm Vinyasa Flow (2)	18.30 - 19.30	13.30 - 14.30	Reformer (1-2) P	Jacquie Biggs
Gemma Latta	Yin Yoga (1)	19.35 - 20.35	17.30 - 18.30	Reformer (1)	Burcu Burcu (88)
			18.30 - 19.30	Beginners (Open)	Burcu Burcu (88)
			19.30 - 20.30	Reformer (1-2)	Burcu Burcu (88)

WEDNESDAY

Cecilia Holm	Ashtanga Vinyasa (2)	07.15 - 08.15	07.30 - 08.30	Reformer (1-2) P	Anna Biela
Mira Taylor	Matwork Pilates (1-2)	08.30 - 09.30	08.30 - 09.30	Reformer (1) P	Anna Biela
Mira Taylor	Gentle Pilates (Open)	09.40 - 10.40	09.30 - 10.30	Tower (1-2) P	Anna Biela
Amanda Schreiner	Mommy + Baby (Open) P	11.50 - 12.50	10.30 - 11.30	Reformer (2)	Anna Biela
Amanda Schreiner	Vinyasa Flow (1-2) P	13.00 - 14.00	12.30 - 13.30	Reformer (1-2) P	Lida Bockova
Mariotti Kallias	Yoga for Backcare/Injury (Open) P	16.15 - 17.15	13.30 - 14.30	Beginners (Open) P	Lida Bockova
Amanda Schreiner	Pregnancy Yoga (Open) P	17.20 - 18.20	17.30 - 18.30	Tower (1-2)	Yujin Choi
Miki Querner	Yoga for Beginners (Open) P	18.30 - 19.30	18.30 - 19.30	Bounce + Burn (2)	Yujin Choi
Miki Querner	Vinyasa Flow (1-2) P	19.35 - 20.35	19.30 - 20.30	Reformer (2)	Yujin Choi
			20.30 - 21.30	Reformer (1-2)	Yujin Choi

THURSDAY

Kate Taylor	Warm Dynamic Vinyasa (2)	07.15 - 08.15	08.30 - 09.30	Reformer (2)	Jacquie Biggs
Kate Taylor	Vinyasa Flow (1-2)	08.30 - 09.30	09.30 - 10.30	Bounce + Burn (2)	Jacquie Biggs
Marion Holm	Gentle Yoga - Hatha (1) P	09.45 - 10.45	10.30 - 11.30	Reformer (1) P	Jacquie Biggs
Agj Vasar	Vinyasa Flow (1-2) P	12.30 - 13.30	12.30 - 13.30	Reformer (1-2) P	Anna Biela
Melissa Brier	Matwork Pilates (1)	16.45 - 17.45	13.30 - 14.30	Tower (1-2) P	Anna Biela
Yogi Ashokananda	Himalayan Hatha Yoga (ADV)	18.00 - 19.00	17.30 - 18.30	Reformer (1)	Yasmin Dabos
Jane Sousa	Flow + Restore (1-2)	19.10 - 20.10	18.30 - 19.30	Beginners (Open)	Yasmin Dabos
			19.30 - 20.30	Reformer (1-2)	Yasmin Dabos

FRIDAY

Melissa Brier	Matwork Pilates (1-2)	09.00 - 10.00	08.30 - 09.30	Reformer (1-2)	Burcu Burcu (88)
Jeanne Gwynn	Hatha Yoga (1-2)	11.00 - 12.00	09.30 - 10.30	Reformer (2)	Burcu Burcu (88)
Felicity Herteold	Matwork Supple Strength (Open)	12.30 - 13.30	10.30 - 11.30	Bounce + Burn (2)	Burcu Burcu (88)
Felicity Herteold	Matwork Supple Stretch (Open)	13.35 - 14.35	12.30 - 13.30	Reformer (1-2) P	Georgette Turner
18/05 Avni Dhanani	Kids Yoga (6-12) (Open)	16.15 - 17.00	13.30 - 14.30	Beginners (Open) P	Georgette Turner
18/05 Avni Dhanani	Teen Yoga (13-15) (Open)	17.05 - 17.50	17.30 - 18.30	Tower (1-2) P	Melda Gursoy
Greta Oros	Yin + Yang Yoga (1)	18.30 - 19.45	18.30 - 19.30	Reformer (1-2) P	Melda Gursoy

SATURDAY

Avni Dhanani	Yin + Yang Yoga (1)	08.15 - 09.30	08.30 - 09.30	Reformer (1)	Yujin Choi
18/05 Avni Dhanani	Family Yoga (Open)	09.35 - 10.20	09.30 - 10.30	Bounce + Burn (2)	Yujin Choi
Miki Querner	Warm Vinyasa Flow (1-2)	10.30 - 11.30	10.30 - 11.30	Reformer (2)	Yujin Choi
Miki Querner	Vinyasa Flow (1-2) P	11.35 - 12.35	11.30 - 12.30	Tower (1-2)	Yujin Choi
Miki Querner	Flow + Restore Yoga (1) P	12.45 - 14.00	12.30 - 13.30	Reformer (1-2)	Yujin Choi
Edith Uwad	Yoga for Beginners (Open) P	16.30 - 17.30	16.30 - 17.30	Reformer (1-2) P	Anna Biela
Edith Uwad	Yoga for Relaxation (Open) P	17.40 - 18.40	17.30 - 18.30	Beginners (Open) P	Anna Biela

SUNDAY

Patricia Crowe	Flow + Restore (1) P	10.20 - 11.20	09.30 - 10.30	Reformer (2)	Melda Gursoy
Patricia Crowe	Yin Yoga (Open) P	11.30 - 12.45	10.30 - 11.30	Bounce + Burn (2)	Melda Gursoy
Patricia Crowe	Warm Vinyasa Flow (1-2)	12.55 - 13.55	11.30 - 12.30	Beginners (Open)	Yasmin Dabos
			12.30 - 13.30	Reformer (1-2)	Yasmin Dabos

ABSOLUTE BEGINNERS CAN ONLY ATTEND (OPEN) CLASSES

(Open) SUITABLE FOR ALL

(CLASS LEVELS INDICATED IN BRACKETS)

P SUITABLE DURING PREGNANCY

(EXCEPT DURING THE 1ST TRIMESTER - PLEASE CONSULT YOUR DOCTOR)

SCHEDULE SUBJECT TO CHANGE FOR CLASS DESCRIPTIONS AND UP TO DATE SCHEDULING CHECK MBO ONLINE