

Blueprint Class Timetable from June 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Yoga All levels 9:30-10:30 with Sara					
Mid Morning	Pilates 9:30-10:30 with Lara		Hatha Yoga Beginner/Int 9:30-10:30 with Mirella	Pilates Beginner/Int 9:10-10:10 with Fiona			
Late Morning		Pilates Beginner/ Intermediate 10:30-11:30 with Fiona				Junior Brazilian Jiu Jitsui 10:00-11:00 with Arlans	RAW 10:00-11:00 with Yvette
Late Morning /Lunch time	Brazilian Jiu Jitsui 11:00-12:30 with Arlans		Brazilian Jiu Jitsui 11:00-12:30 with Arlans		Brazilian Jiu Jitsui 11:00-12:30 with Arlans	Brazilian Jiu Jitsui 11:00-14:00 with Arlans	
Afternoon							Vinyassa Yoga 'Rocket-Style' 13:30-15:00 with Dusadee
Late Afternoon	Pilates 18:00-19:00 with Sara						
Early Evening	Hatha Yoga Beginner/Int 19:00-20:00 with Mirella	Hatha Yoga Beginner/Int 19:00-20:00 with Mirella	Fitness Class 19:00-20:00 with Natasha	Yoga Fit 18:30-19:30 with Emma			
Evening		Brazilian Jiu Jitsui 20:00-21:30 with Arlans		Brazilian Jiu Jitsui 20:00-21:30 with Arlans			