



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Yoga All levels 7:00-8:00 with Lara					
Mid Morning	Pilates 9:30 - 10:30 with Lara	Pilates Beginner/ Intermediate 10:30-11:30 with Fiona	Hatha Yoga Beginner/Int 9:30-10:30 with Mirella	Pilates Beginner/Int 9:10-10:10 with Fiona		Small Group Training 09:00-10:00 with Anne	
Late Morning						Junior Brazilian Jiu Jitsui 10:00-11:00 with Arlans	RAW 10:00-11:00 with Yvette
Late Morning / Lunchtime	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 'Rocket- Style' Yoga 13:30-15:00 with Dusadee
Late Afternoon			Pilates 18:00 - 19:00 with Lara				
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			