

Effective March 2017



Wellington Timetable

CURRENT TIMETABLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am	Pilates		Yoga (Flow)		Pilates		
8.00am							
8.30am						T-Barre	
9.30am						Pilates	Pilates
10.30am	Pilates	Back/Pelvic Safe***	Pilates	Back/Pelvic Safe***	Pilates	Yoga (Flow)	Pilates
11.30am							Yoga (Flow)
12.30pm	TRX	Pilates	Pilates	Pilates			
5.30pm	Pilates	Pilates	Pilates	Yoga (Yin*)	Pilates		
6.30pm	Pilates	Yoga (Flow)	TRX		Yoga		
6.45pm				Pilates			
7.30pm	Yoga (Flow**)						

All Pilates Classes are done on Pilates Reformer Machines

*Yin Yoga: A slow paced style of yoga with postures that are held for a comparatively long period of time - 5 minutes or longer per pose is typical.

**Flow: Vinyasa style yoga where movements are synchronised with the breath. Called flow because of the smooth way the poses run together

***Back/Pelvic Safe: This is a specialty class specifically for clients suffering from lower back problems or pelvic floor issues