

Effective Feb 2018



Wellington Timetable

FEBRUARY 2018

	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		Pilates		Pilates	Yoga (Flow***)	Pilates
11.30am							Yoga (Flow***)
12.00pm					Yoga (Yin^)		
12.30pm	TRX	Pilates	Pilates	Pilates			
5.30pm	Pilates	Pilates	Pilates	Yoga (Yin^)	Pilates		
6.30pm	Pilates	Yoga (Flow***)	TRX		Yoga(Yin/Yang#)		
6.45pm				Pilates			
7.30pm	Yoga (Flow***)						

All Pilates Classes are done on Pilates Reformer Machines

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

^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

#Yin/Yang: The best of both worlds. A combination of both our Yoga Flow and Yin all in one class!!