



Wellington Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am	Pilates		Yoga (Flow)		Pilates		
8.30am						T-Barre	
9.30am						Pilates	Pilates
10.00am							
10.30am	Pilates	Pilates	Pilates	Reformer Rehab	Pilates	Yoga (Flow)	Pilates
11.30am							Yoga (Flow)
12.30pm		Pilates	Pilates	Pilates			
4.30pm				Koha Pilates			
5.30pm	Pilates	Pilates	Pilates	Yoga (Yin)	Pilates		
6.30pm	Pilates	Yoga (Flow)			Yoga (Yin/Yang)		
6.45pm				Pilates			
7.30pm	Ashtanga Yoga						

All Pilates Classes are done on Pilates Reformer Machines

Restore Your Core: Retrain core and pelvic floor muscles to be functional and supportive. Mat class

Reformer Rehab: This is a specialty Reformer class specifically for clients suffering from lower back problems or pelvic floor issues

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

Ashtanga: A dynamic prescribed series of poses linked with breath and concentration techniques. Beginners welcome.