



# 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							
12.30pm		Pilates	Pilates	Pilates			
4.30pm							
5.30pm	Pilates	Pilates	Pilates	Yoga (Yin)	Pilates		
6.30pm	Pilates						
6.45pm				Pilates			
7.30pm	Ashtanga Yoga						

**All Pilates** classes are done on Pilates Reformer machines

**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

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

**T- Barre:** Body Sculpting that blends the benefits of Ballet, Pilates and Core Strength.