



Wellington Online Timetable

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30am							
7:00 AM	Mat Pilates Live	Mat Pilates Live	Mat Pilates Live	Mat Pilates Live			
8.30am							
9.30am							
10.00am							
10.30am						Mat Pilates (Pre-Recorded)	Mat Pilates (Pre-Recorded)
11.30am							
12.30pm	Mat Pilates (Pre-Recorded)	Mat Pilates (Pre-Recorded)	Mat Pilates (Pre-Recorded)	Mat Pilates (Pre-Recorded)	Mat Pilates (Pre-Recorded)		
4.30pm							
5.30pm							
6.30pm							
6.45pm							
7.15pm				Yoga Flow Live			

Online Yoga Flow: Vinyasa style yoga where movements are synchronised with the breath. Called flow because of the smooth way the poses run together- 60 mins

Online Mat Pilates: Floor based pilates to increase strength - feel free to bring your own bands or weights (not mandatory)