

SOURCE CLASS TIMETABLE

SATURDAY

9am (45mins) Pilates **AW**
5pm (60mins) Moon Practise Hatha Yoga **NK**

SUNDAY

10.15am (60mins) Yin Yoga **NK**

MONDAY

8.30am (45mins) Pilates **NB**
11.45am (60mins) Chair Yoga **SM**
6.30pm (60mins) Circuits **RH/MM**

TUESDAY

8.30am (60mins) Sun Practice Hatha Yoga **NK**
9.45am (60mins) Vinyasa Yoga **JW**
3pm (60mins) Full-Body Workout **MM**
5pm (60mins) HIIT **RH/MM**
6.15pm (45mins) Yogalates **LK**

WEDNESDAY

8am (60mins) or 9.15am (60mins) Pilates **MM**
5.15pm (60mins) Pilates **LD**
6.30pm (60mins) Burn it **LD**

THURSDAY

7.30am (60mins) Energising Wake Up Yoga **JW**
10.30am (45mins) Zumba **NB**
5.15pm (60mins) Vinyasa Yoga **JW**
6.30pm (60mins) Sweat **LD**

FRIDAY

6pm (60mins) Breathwork **NK**

INSTRUCTORS:

AW Anna Weller, **NK** Natasha King, **NB** Natasha Burgess, **RH** Ruby Howse
MM Megan Martin, **SM** Sian Marie, **JW** Jessica Wright, **LD** Luke Doyle

PLEASE ARRIVE A MINIMUM OF 5 MINUTES EARLY TO YOUR CLASS.
IF ARRIVING LATE WE CANNOT GUARANTEE ENTRY.

INFORMATION:

To book a class please see our Guest Relations Team or call 042 or 003.
Classes will be either held on the front lawn or in the fitness Studio (weather dependent)
All classes are designed for all fitness levels and abilities and for ages 16+
Please let your instructor know of any injuries or contraindications.

