

SOURCE CLASSES

TIMETABLE

Wednesday 24th (Christmas Eve)

No Classes

Thursday 25th (Christmas Day)

No Classes

Friday 26th (Boxing Day)

No Classes

Saturday 27th

8:00 am Active Pilates (Advanced) HT

9:00 am Pilates HT

5:00pm Moon Practise Hatha Yoga MC

Sunday 28th

10:15 am Yin Yoga MC

11:30 am Breathework GM

Monday 29th

7:30 am Pilates NB

8:30 am Pilates NB

11.45 am Chair Yoga SM

5.15 pm Twilight Vinyassa Yoga MC

6.30 pm Yin Yang Restore MC

Tuesday 30th

8.15 am Sun Practise Vinyassa Yoga MC

9.15 am Advanced Tennis Coaching RC

9.15 am Sun Practise Vinyassa Yoga MC

11.15 am All-style Dance Workout NB

6 pm Twilight Vinyassa Yoga MC

Wednesday 31st (New Years Eve)

No Classes

Thursday 1st (New Years Day)

No Classes

INSTRUCTORS:

NB Natasha Burgess

MC Molly Cumming

HT Helen Tudge

SM Sian Marie

RB Rob Cook

GM George Morris

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 held in the fitness Studio

All classes are designed for all fitness levels and abilities and for ages 16+

Please let your instructor know of any injuries or contraindications.