

GROUP TIMETABLE 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 BootyBarre		7:00 - 8:00 Mat Group with Annelene				
7:00 - 8:00 Mat Group	7:00 - 8:00 Mat Group	7:00 - 8:00 Mat Group	7:00 - 8:00 Mat Group			
				7:30 - 8:30 BootyBarre		
	8:05 - 9:05 Mat Group		8:05 - 9:05 Mat Group			
					10:30 Aerial Yoga Mixed Group	
						12:00 Aerial Yoga Kids
						13:15 Aerial Yoga Beginners
			16:15 - 17:15 Mat Group			14:30 Aerial Yoga Mixed Group
17:15 - 18:15 Mat Group	17:15 - 18:15 Mat Group	17:15 - 18:15 Mat Group	17:30 - 18:30 Mat Group			16:00 Aerial Yoga Intermediate
17:30 - 18:30 BootyBarre	17:15 - 18:15 Mat Group with Annelene		17:15 - 18:15 Mat Group with Annelene			
	18:15 - 19:15 Men's Pilates with Anelene	17:30 Aerial Yoga Mixed Group	18:15 - 19:15 Men's Pilates with Anelene	17:30 Aerial Yoga Beginners		