

STUDIO FITNESS EVENTS

JULY 2025

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY	Strength Circuit 6.45 – 7.30 7.35 – 8.20 Jo	Pilates 6.45 – 7.45 Jessica	Astanga Yoga 7.15 – 8.15 TBC	Pilates 7.15 – 8.15 Jessica	Hatha Yoga 6.45 – 7.45 Julia B	Power Pilates 7.30 – 8.30 Danielle	
MORNING	Pilates 9.30 – 10.30 Casey	Pilates 9.30 – 10.30 Martine	Power Pilates 9.30 – 10.30 Danielle	Yoga 9.45 – 10.45 Jessica	Strength Circuit 9.00 – 9.45 Jo	Spinning 8.45 – 9.30 Megan/Amy	Spinning 8.45 – 9.30 Scott
	Aqua Fit 10.45 – 11.30 Victoria	Spinning 10.45 – 11.30 Amy	Aqua Fit 10.30 – 11.15 Victoria	Spinning 11.15 – 12.00 Julia B	Yoga 10.00 – 11.00 Chloe	Stretch 10.00 – 11.00 Veronique	Yoga Flow 10.00 – 11.00 Grace
AFTERNOON	Barre 12.25 – 13.10 Casey				Aqua Fit 11.30 – 12.30 Lynn	Stretch 11.00 – 12.00 Veronique	Power Pilates 11.00 – 12.00 Danielle
	Hatha Yoga 13.15 – 14.15 Jo		Mindfulness Pilates 12.00 – 13.00 Bev	Hatha Yoga 12.30 – 13.30 Julia B			
EVENING	Sound Bath 17.30 – 18.15 Julia B (21.07.25)			Nidra Breathing & Meditation 17.00 – 17.30 Julia B	Pilates 11.30 – 12.30 Casey		
	Pilates 17.30 – 18.30 Danielle	Stretch 18.00 – 19.00 Veronique	Vinyasa Yoga 18.30 – 19.30 Grace	Sound Bath 17.40 – 18.40 Julia B	Pilates 17.30 – 18.30 Victoria		

 ICON Member classes only