

STUDIO FITNESS EVENTS

SEPTEMBER 2025

THE NICI
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 ICON Member classes only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength Circuit 6.45 – 7.30 7.35 – 8.20 Jo	Pilates 6.45 – 7.45 Jessica		Pilates 7.15 – 8.15 Jessica	Hatha Yoga 6.45 – 7.45 Julia B	Power Pilates 8.00 – 9.00 Danielle	
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	Spinning 8.00 – 8.45 Julia B		Spinning 9.00 – 9.45 Megan/Sarah
Aqua Fit 10.45 – 11.30 Victoria	Spinning 10.45 – 11.30 Amy	Aqua Fit 10.30 – 11.15 Victoria		Strength Circuit 9.00 – 9.45 Jo	Stretch 10.00 – 11.00 Veronique	Yoga Flow 10.00 – 11.00 Grace
Balancing Yin & Yang Slow Flow Yoga 10.45 – 11.45 Michelle				Yoga 10.00 – 11.00 Chloe	Stretch 11.00 – 12.00 Veronique	Power Pilates 11.00 – 12.00 Danielle
Barre 12.25 – 13.10 Casey		Mindfulness Pilates 12.00 – 13.00 Bev	Intro to Strength 12.45 – 13.30 Sarah	Aqua Fit 11.30 – 12.30 Lynn		
Hatha Yoga 13.15 – 14.15 Jo			Sound Bath 17.30 – 18.30 Julia B	Pilates 11.30 – 12.30 Casey		
Sound Bath 17.30 – 18.15 Julia B	Stretch 18.00 – 19.00 Veronique	Vinyasa Yoga 18.30 – 19.30 Grace	Nidra Breathing & Meditation 18.30 – 19.00 Julia B	Pilates 17.30 – 18.30 Victoria		
Pilates 17.30 – 18.30 Danielle	Candlelit Yin Yoga 19.30 – 20.30 Michelle					