Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-07:30							
07:30-08:00			07:30-08:15 Pilates with Jo (Jo Harrison)		07:30-08:15 Pilates with Jo (Jo Harrison)		
08:00-08:30						08:00-08:45 Hotpod Flow	
08:30-09:00							
09:00-09:30							
09:30-10:00	09:30-10:15 Hotpod Flow	09:30-10:45 Yoga Tune UP® (Susannah)	09:30-10:15 Hotpod Flow	09:30-10:45 Roll Model Method® Workshop (Susannah)	09:30-10:15 Hotpod Flow		09:30-10:15 Hotpod Flow
10:00-10:30	10:00-11:00 Oh Yoga		11:00-11:45 Pure Yoga (Helen) (mindful movement/ relaxation)				
10:30-11:00						10:30-11:30 Pilates with Jo (Jo Harrison)	
11:00-11:30							
11:30-12:00			Studio Cleaning and Maintenance				
12:00-12:30							
12:30-13:00							
13:00-13:30							
13:30-14:00	13:30-14:30 Pilates with Jo (Jo Harrison)				13:30-14:30 Pilates with Jo (Jo Harrison)		
14:00-14:30							
14:30-15:00							
15:00-15:30							
15:30-16:00							
16:00-16:30							
16:30-17:00							
17:00-17:30			17:15-18:15 Oh Yoga				
17:30-18:00	17:30-18:30 Pure Yoga (Helen)	17:30-18:45 Body Mind Unwind (Susannah)					
18:00-18:30	18:00-18:45 Hotpod Flow			18:00-18:45 Hotpod Flow	18:00-18:45 Nurture Flow		
18:30-19:00							
19:00-19:30	19:00-20:00 Pure Yoga (Helen)	19:15-20:00 Hotpod Flow	19:00-20:00 Pure Yoga (Helen)	19:15-20:00 Hotpod Flow			
19:30-20:00		19:30-20:30 Pilates (Jo Harrison)					
20:00-20:30							
20:30-21:00							