

Day Time	Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>	Saturday 28 <sup>th</sup>	Sunday 29 <sup>th</sup>
08:00							
09:00		M Wondrous Wings ( Upper body )		R Rising Spine (Tower)			
10:00			R Hippy Hips (lower body)				
10:15							
11:00		Prenatal					
11:15							
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat			
	Lunch Reformer	R Lovely powerhouse	Lunch Reformer				
17:30			Prenatal				
18:00							
18:30	R Abs attack ( care - body focused )		R Booty Lover (Lower - body focused)	M Cores quake ( Fit Ball )			
19:00		M Pilates with props					

**Office Holiday**  
**Friday 27<sup>th</sup> - Monday 30<sup>th</sup>**  
**( H.M. King's Brithday )**

**Remark :**

Sessions may be cancelled online, or by calling at least 24 hours in advance.

Please cancel on time to avoid paying for late cancellation.