



Online Timetable

MONDAY

10.00 am	Online Foundational Mat
6.00 pm	Online Reformer on the Mat

TUESDAY

10.00 am	Online Reformer on the Mat
6.00 pm	Active Stretch Class
7.15 pm	Online Advanced Mat

WEDNESDAY

10.00 am	Online Foundational Mat
11.15 am	Active Stretch Class
6.00 pm	Online Reformer on the Mat

THURSDAY

10.00 am	Online Reformer on the Mat
6.00 pm	Online Intermediate Mat

FRIDAY

10.00 am	Active Stretch Class
11.15 am	Online Reformer on the Mat

SATURDAY

10.00 am	Online Foundational Mat
11.15 am	Online Reformer on the Mat