CLASS TIMETABLE
WELLNESS STUDIO

MON	TUE	WED	THU	FRI	SAT	SUN
08:10-09:10 **Les Mills Body Balance** Sue Falconer		08:00-09:00 **Les Mills Pilates** Sue Falconer		08:30-09:30 **Yoga** Georgie Garcia	08:15-09:15 **Power Yoga** Vicky Rushton	
09:15-10:15 **Yoga (Vinyasa)** Intermediate Vicky Rushton	09:30-10:30 **Body Balance** Carolyn Sheppard	09:15-10:15 **Yoga (Vinyasa)** Intermediate Viv Sadd	09:00-10:00 **Pilates** Viv Sadd	09:30-10:30 **Zumba** Georgie Garcia	09:20-10:20 **Les Mills Pilates** Sue Falconer	09:30-10:30 **Yoga** Vicky Rushton
10:25-11:25 **Body Balance** Sue Falconer	10:30-11:30 **Pilates** Carolyn Sheppard	10:30-11:30 **Latin & Ballroom** All Levels Zoe Desmond	10:00-11:00 **Shaolin Kung Fu** Neil Genge	10:45-11:45 **Pilates** Kate Prys-Roberts	10:20-11:20 **Les Mills Pilates** Sue Falconer	
11:30-12:00 **Flex N Stretch** Monta Udine	11:30-12:30 **Yoga (Hatha)** Beginners Mark Stanford	11:30-12:30 **Barre** Sue Falconer	11:30-12:30 **Yoga** Georgie Garcia	11:45-12:45 **Yoga (Yin)** Intermediate Justine Blaber		10:45-11:45 **Pilates** Kate Prys-Roberts
12:00-13:00 **Yoga (Hatha)** Beginners Mark Stanford		12:30-13:30 **Stretch & Relax** Monta Udine				
			13:30-14:30 **Body Balance** Carolyn Sheppard	15:00-16:00 **Yoga (Nidra)** Beginners Vicky Rushton		
	17:00-18:00 **Yoga (Hatha)** Intermediate Mark Stanford	17:00-18:00 **Pilates** Kate Prys-Roberts	17:00-18:00 **Damo Yoga** Neil Genge			17:00-18:00 **Yoga (Hatha)** Beginners Mark Stanford
18:00-19:00 **Yoga (Hatha)** Beginners Mark Stanford	18:00-19:00 **Interval Training** Kate Prys-Roberts	18:45-19:45 **Yoga (Ashtanga)** Intermediate Mark Stanford	18:00-18:45 **BARRE** Sue Falconer	18:00-19:00 **Body Balance** Sue Falconer		
19:15-20:15 **Stretch & Relax** Monta Udine	19:00-20:00 **Pilates** Kate Prys-Roberts		19:15-20:15 **Yoga (Hatha)** Beginners Vicky Rushton			
	20:00-21:00 **Body Balance** Sam Crane					

theclubspagym @theclubcadbury @ClubandSpaBristol

Please bring a water bottle. Wipe any equipment before and after use as per signage and directed by your class instructor. To book your class please access the timetable by the mywellness app.