

# Movement Class Timetable

*Please check the website timetable for any last minute time changes or cancellations.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Functional Movement</b> with Chloe 6:30	<b>Yoga</b> with Zara 6:30	<b>Functional Movement</b> with Chloe 6:30	<b>Functional Movement</b> with Liam 6:30	
<b>Functional Movement</b> with Chloe 9:15		<b>Yin Yoga</b> with Rebecca 9:15		<b>Yin Yoga</b> with Rebecca 9:15	<b>Functional Movement</b> with Sim 8:00
<b>Yoga</b> with Celestina 12:15	<b>Huanga Yin Yoga</b> with Leamarie 12:15	<b>Functional Movement</b> with Liam 12:15	<b>Pilates</b> with Alysha 12:15	<b>Pilates</b> with Alysha 12:15	
<b>Functional Movement</b> with Liam 17:30	<b>Functional Movement</b> with Sim 17:30		<b>Gentle Aroha Flow (Yoga)</b> with Leamarie 17:30		
		<b>Functional Movement</b> with Liam 18:15			