

SANCTUARY Timetable 2019 April - June

Unless otherwise stated, all classes are 60 minutes. Subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM	YOGA NATALIE	PILATES NATALIE	TRIGGER POINT PILATES CAROL	YOGALATES CAROL	ASHTANGA YOGA CHARLENE		
8AM						PILATES NATALIE	
9AM		DANCE AEROBICS CAROL	YOGA MARLENE		DANCE AEROBICS NATALIE		
9.15AM	AERIAL NATALIE			AERIAL CAROL		VINYASA ELOISE	HATHA YOGA KERRY
10AM		BARRE CAROL 30 MINS					
10.15AM					STRETCH&RELAX NATALIE		
10.30AM			AERIAL CAROL			TAI CHI ERIC	
10.45AM	PILATES NATALIE						AERIAL NATALIE
11AM		YOGA NICKY		YOGA NICKY			
11.45AM					AERIAL NATALIE		
12.00PM			PILATES CAROL			AERIAL NATALIE	
12.15PM				TRIGGER POINT PILATES NATALIE			
12.30PM	DANCE AEROBICS NATALIE 30 MINS						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12.45PM		MOTHER & BABY PILATES ZOE					
1.15PM	BARRE NATALIE 30 MINS		BARRE CAROL 30 MINS		CORE NATALIE 30 MINS		
2PM	STRETCH & RELAX NATALIE	HEDGEHOG PILATES ZOE	TRIGGER POINT PILATES CAROL	PILATES NATALIE	BARRE NATALIE 45 MINS		
3.15PM			STRETCH&RELAX CAROL				
3.30PM	YOGA NATALIE			YOGA NATALIE	TRIGGER POINT PILATES NATALIE		
4.30PM	FLEXI KIDS 5-10 YRS LINZI			FLEXI TEENS 11-15 YRS NATALIE			
5PM					AERIAL NATALIE		
5.30PM		TRIGGER POINT PILATES CAROL	BARRE NATALIE 30 MINS				
5.45PM	AERIAL NATALIE			AERIAL NATALIE			
6.30PM			AERIAL NATALIE		YOGA MARLENE		
6.45PM		BARRE CAROL 45 MINS					
7PM	PILATES NATALIE			PILATES NATALIE			
8PM	FREESTYLE FITNESS YOGA LUCY	AERIAL CAROL	YIN YOGA ELOISE	HATHA YOGA LYNDSEY			



SANCTUARY
HEALTH & WELLBEING

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Aerial Yoga Wakefield

Book your class online:
www.sanctuarywakefield.com
 OR through the 'MindBody' App