

# SANCTUARY VIRTUAL Timetable

## FROM MONDAY 23RD MARCH 2020

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10AM	BARRE NATALIE 30 MINS	CORE NATALIE 30 MINS	PILATES JULIE			YOGA NATALIE	VINYASA ELOISE
11.00AM	PILATES NATALIE	YOGA NICKY		YOGA NICKY			
11.30AM			BARRE JULIE 30 MINS			PILATES NATALIE	
6PM		VINYASA ALISON	FREESTYLE FITNESS YOGA LUCY		YOGA SIAN		
6.30PM	PILATES NATALIE			PILATES NATALIE			
7.30PM		BARRE SIAN 30 MINS	YIN YOGA ELOISE				
8PM	FREESTYLE FITNESS YOGA LUCY			RELAX & UNWIND SARAH			



SANCTUARY  
HEALTH & WELLBEING

### Finding us:

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Sanctuary Health & Wellbeing Wakefield  
Sanctuary Wakefield



Book your class online:  
[www.sanctuarywakefield.com](http://www.sanctuarywakefield.com)  
 OR through the 'MindBody' App