SANCTUARY ONLINE Timetable

FROM 14th SEPTEMBER to 29th NOVEMBER 2020

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM		PILATES KATE	ASHTANGA JANAKA		ASHTANGA JANAKA		
8AM						PILATES NATALIE/ALISON	
9.30AM				PILATES KATE	VINYASA ALISON	YOGA NATALIE/ALISON	
10AM	BARRE NATALIE 30 MINS	CORE NATALIE 30 MINS					VINYASA NATALIE/GABY
11.00AM	PILATES NATALIE	YOGA NATALIE			STRETCH & RELAX NATALIE		
11.15AM				YOGA LUCY			
12.30PM			PILATES JULIE	LUNCHTIME MEDITATION KEN 30 MINS			
5.45PM				BARRE NATALIE 30 MINS			
6PM			FREESTYLE FITNESS YOGA LUCY				
6.30PM	PILATES NATALIE			PILATES NATALIE			
7.45PM		BARRE & CORE LUCY 45 MINS					
8PM	POWER FLOW JULIE	TRIGGER POINT KATE	YIN YOGA LUCY	UNWIND & RELAX ALISON			

SANCTUARY
HEALTH & WELLBEING

Finding us:
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Sanctuary Health & Wellbeing Wakefield
Sanctuary Wakefield

Book your class online:

www.sanctuarywakefield.com
OR through the 'MindBody' App