

SANCTUARY ONLINE Timetable

FROM 28th DECEMBER - 3rd JANUARY 2021

ALWAYS CHECK THE MINDBODY APP FOR THE MOST UP TO DATE VERSION OF OUR TIMETABLE
 Unless otherwise stated, all classes are 60 minutes and run through Zoom. Subject to change.

	MON 28TH	TUES 29TH	WED 30TH	THURS 31ST	FRI 1ST	SAT 2ND	SUN 3RD
8AM				CLOSED		PILATES ALISON	
9.30AM	YOGALATES JULIE					YOGA ALISON	
10AM		CORE GABY 30 MINS				YOGA NATALIE	
11.00AM		YOGA GABY					
11:30AM							AERIAL GYM NATALIE STUDIO
6PM			PILATES ALISON				
7:30PM			VINYASA ALISON				



SANCTUARY
HEALTH & WELLBEING

Finding us:

Suite 3 Sovereign House, Trinity Business
Park, Turner Way, Wakefield WF2 8EF

T: 01924 609 677



Sanctuary Health & Wellbeing Wakefield
Sanctuary Wakefield



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

SANCTUARY ONLINE Timetable

FROM 4th JANUARY 2021

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM		PILATES KATE	ASHTANGA MELISSA		ASHTANGA MELISSA		
8AM						PILATES NATALIE/ALISON	
9:00AM			YOGA MARLENE				
9.30AM				PILATES KATE	VINYASA ALISON	YOGA NATALIE/ALISON	
10AM	BARRE NATALIE 30 MINS	CORE NATALIE 30 MINS					YOGA NATALIE/GABY
10:30AM			PILATES JULIE				
11.00AM	PILATES NATALIE	YOGA NATALIE			STRETCH & RELAX NATALIE		
11.15AM				YOGA LUCY			
11:30AM							AERIAL GYM NATALIE STUDIO
12.30PM				LUNCHTIME MEDITATION KEN 30 MINS			
6.30PM	PILATES NATALIE		FREESTYLE FITNESS YOGA LUCY	PILATES NATALIE	YOGA MARLENE		
8PM	POWER FLOW JULIE	TRIGGER POINT KATE	YIN YOGA LUCY	AERIAL GYM NATALIE STUDIO UNWIND & RELAX ALISON			



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