

SANCTUARY STUDIO & ONLINE Timetable

FROM 13th SEPT - Classes will run simultaneously in the studio & online unless otherwise stated.

Unless otherwise stated all classes are 60 mins & are ONLINE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM	YOGA NATALIE	PILATES NATALIE	ASHTANGA MELISSA	PILATES KATE	ASHTANGA MELISSA		
8AM						PILATES NATALIE/ALISON	
9AM			YOGA MARLENE STUDIO ONLY		VINYASA ALISON		
9.15AM	AERIAL NATALIE STUDIO ONLY	DANCE NATALIE 45 MINS				YOGA NATALIE/ALISON	
9.30AM							YOGA NATALIE/LISA
10.15AM		CORE NATALIE 30 MINS			DANCE NATALIE 45 MINS		
10.30AM	BARRE NATALIE 30 MINS		PILATES JULIE			TAI CHI ERIC STUDIO ONLY	
10.45AM							AERIAL NATALIE/LISA STUDIO ONLY
11AM		YOGA NATALIE		YOGA MELISSA			
11.15AM	PILATES NATALIE				STRETCH & RELAX NATALIE		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45PM	AERIAL NATALIE STUDIO ONLY						
6.30PM					YOGA MARLENE STUDIO ONLY		
6.45PM			AERIAL LUCY STUDIO ONLY	PILATES NATALIE			
6.55PM	PILATES NATALIE						
7.15PM		YOGA HIIT KATE 30 MINS					
8PM	STRETCH & RELAX NATALIE	TRIGGER POINT KATE	YIN YOGA LUCY	AERIAL NATALIE STUDIO ONLY UNWIND & RELAX ALISON ONLINE ONLY			



SANCTUARY
HEALTH & WELLBEING

Finding us:

Suite 3 Sovereign House, Trinity Business
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Sanctuary Health & Wellbeing Wakefield
Sanctuary Wakefield

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