

SANCTUARY STUDIO & ONLINE Timetable

FROM 4th Jan 2022 - 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	VINYASA KERRY	PILATES KATE	ASHTANGA MELISSA	PILATES ALISON	
8AM							
9AM			YOGA MARLENE STUDIO ONLY	LEGS, BUMS, TUMS KATE 30 MINS	VINYASA ALISON		
9.15AM	AERIAL NATALIE STUDIO ONLY	DANCE NATALIE 45 MINS STUDIO ONLY				VINYASA ALISON	
9.30AM							YOGA NATALIE/LISA
9:45AM				TRIGGER POINT KATE			
10.15AM		CORE NATALIE 30 MINS	PILATES JULIE		DANCE NATALIE 45 MINS STUDIO ONLY		
10.30AM	BARRE NATALIE 30 MINS					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
12.30PM					AERIAL NATALIE STUDIO ONLY		
5.45PM	AERIAL NATALIE STUDIO ONLY		MANDALA FLOW BECKIE 45 MINS				
6.00PM		YOGA NATALIE		CORE NATALIE 30 MINS			
6.30PM					YOGA MARLENE STUDIO ONLY		
6.45PM			AERIAL BECKIE STUDIO ONLY	PILATES NATALIE			
6.55PM	PILATES NATALIE						
7.15PM		BARRE NATALIE 30 MINS					
8PM	STRETCH & RELAX NATALIE	TRIGGER POINT NATALIE	YIN YOGA BECKIE	AERIAL NATALIE STUDIO ONLY UNWIND & RELAX ALISON ONLINE ONLY			



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