

# SANCTUARY Timetable January 2023

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 both in the Studio and Online via Zoom\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30AM	YOGA NATALIE	PILATES NATALIE	VINYASA KERRY	PILATES KATE	ASHTANGA FIONA		
8AM						PILATES ALISON	
8.45AM				LEGS, TUMS, BUMS KATE 30 MINS			
9AM			YOGA MARLENE		VINYASA ALISON		
9.15AM	AERIAL NATALIE	CORE NATALIE 30 MINS				VINYASA ALISON	
9.30AM				TRIGGER POINT KATE			YOGA SANCTUARY TEAM
10AM		YOGA NATALIE					
10.15AM			PILATES JULIE		PILATES NATALIE		
10.30AM	BARRE NATALIE 30 MINS					AERIAL JULIA	
10.45AM				HATHA YOGA MELISSA			AERIAL SANCTUARY TEAM
11.15AM	PILATES NATALIE				STRETCH&RELAX NATALIE		

5.45PM	AERIAL NATALIE		MANDALA FLOW BECKIE 45 MINS				
6PM		YOGA NATALIE		CORE NATALIE 30 MINS			
6.30PM					YOGA MARLENE		
6.45PM			AERIAL BECKIE	PILATES NATALIE			
6.55PM	PILATES NATALIE						
7.15PM		BARRE NATALIE 30 MINS					
8PM	STRETCH & RELAX NATALIE	TRIGGER POINT NATALIE	YIN YOGA BECKIE	AERIAL NATALIE			



**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