

PROPOSED SANCTUARY TIMETABLE FOR TRINITY WALK (approx. start date Monday 16th December)

(Unless otherwise stated all classes are 60 mins)

	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
9.45AM							
10AM		YOGA NATALIE					
10.15AM			PILATES JULIE		PILATES NATALIE		
10.30AM	BARRE NATALIE 30 MINS					AERIAL JULIA	
10.45AM				YOGA KATE			AERIAL SANCTUARY TEAM
11AM							

11.15AM	PILATES NATALIE						
11.30AM					STRETCH&RELAX NATALIE		
12.15PM							
12.30PM	CORE NATALIE 30 MINS						
12.45PM							
1.45PM							
4.30PM							
4.45PM				BODY BRILLIANCE ALISON			
5.15PM							
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	TRIGGER POINT	YIN YOGA	AERIAL			

	NATALIE	NATALIE	BECKIE	NATALIE			
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