



FORMBY HALL

GOLF RESORT & SPA

# STUDIO CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 10AM-11AM SOPHIE MORRIS	STEP & CONDITIONING 9:30AM-10:15AM HEATHER MOONEY	STRENGTH & CONDITIONING 9:45AM-10:15AM HEATHER MOONEY	STEP & CONDITIONING 9:30AM-10:15AM HEATHER MOONEY	STRENGTH & CONDITIONING 9:30AM-10AM HEATHER MOONEY	KAI-BO 9AM-9:45AM MESSA HADJSMALI	TOTAL BODY BLITZ 10:15AM-11:30AM (FORTNIGHTLY) RACHAEL MARTIN
	AQUA HIIT 10AM-10:45AM MESSA HADJSMALI	PILATES 10:30AM-11:15AM HEATHER MOONEY	YOGA 10:30AM-11:30AM HEATHER MOONEY	PILATES 10:15AM-11AM HEATHER MOONEY	HIIT 9:55AM-11AM MESSA HADJSMALI	PILATES WORKSHOP (MONTHLY) 10:40AM-11:40AM SHIRLEY HORROCKS
	YOGA 10:30AM-11:30AM HEATHER MOONEY	ALL ABOUT ABS 12:30PM -1:30PM RACHAEL MARTIN	AQUA HIIT 10:45AM-11:30AM MESSA HADJSMALI		YOGA 11AM-12PM HEATHER MOONEY	SOMATIC YOGA (MONTHLY) 10:40AM-11:40AM SHIRLEY HORROCKS
CORE STABILITY 5:45PM-6:15PM RACHAEL MARTIN	CROSSFIT 12:15PM-1:15PM RACHAEL MARTIN	PILATES 5:40PM-6:25PM SHIRLEY HORROCKS	LBT 12PM-12:45PM MESSA HADJSMALI	FLEX CONDITIONING 4PM-4:45PM SHIRLEY HORROCKS		YOGA 12PM-2PM SOPHIE MORRIS
PUMP AND TONE 6:30PM-7:30PM MESSA HADJSMALI	LBT 5PM-5:45PM MESSA HADJSMALI	CIRCUIT TRAINING 6:30PM-7:30PM MESSA HADJSMALI	YOGA 5:30PM-6:15PM SOPHIE MORRIS	HIIT 5PM-5:45PM MESSA HADJSMALI		
PILATES 7:30PM-8:15PM SHIRLEY HORROCKS	YOGA 6PM-7PM SOPHIE MORRIS	PUMP & TONE 7:30PM-8:15PM MESSA HADJSMALI	BOOT CAMP 6:30PM-7:30PM RACHEL MARTIN	YOGA 5:45PM-6:45PM MAGDA BELICKA		