



BodyEthos®

PILATES · YOGA · BARRE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio	Main Studio	Reformer Studio
							5:15 – 6:00am Reformer						
6:00 – 7:00am Power Vinyasa	6:00 – 6:45am Reformer 6:45 – 7:30am Reformer 7:30 – 8:15am Reformer	6:30 – 7:30am Mat Pilates	6:00 – 6:45am Reformer 6:45 – 7:30am Reformer 7:30 – 8:15am Reformer	6:00 – 7:00am Power Vinyasa	6:00 – 6:45am Reformer 6:45 – 7:30am Reformer 7:30 – 8:15am Reformer		6:15 – 7:00am Express Barre 7:00 – 7:45am Express Barre 7:30 – 8:15am Reformer	6:00 – 6:45am Reformer 6:45 – 7:30am Reformer 7:30 – 8:15am Reformer	6:00 – 7:00am Power Vinyasa 7:00 – 8:00am Barre Pilates	6:00 – 6:45am Reformer 6:45 – 7:30am Reformer 7:30 – 8:15am Reformer			
										7:00 – 8:00am Barre Strength 8:00 – 9:00am Mat Pilates 9:00 – 10:00am Stretch	7:00 – 7:45am Reformer 7:45 – 8:30am Reformer 8:30 – 9:15am Reformer 9:30 – 10:30am Reformer	8:30 – 10:00am Power Vinyasa Yoga	
9:30 – 10:30am Mat Pilates	9:30 – 10:30am Reformer 10:30 – 11:30am Reformer	9:30 – 10:30am Stretch	9:30 – 10:30am Reformer 10:30 – 11:30am Reformer	9:30 – 10:30am Mat Pilates	9:30 – 10:30am Reformer 10:30 – 11:30am Reformer	9:30 – 10:30am Mat Pilates	9:30 – 10:30am Reformer	9:30 – 10:30am Mat Pilates		10:30 – 11:30am Reformer	10:30 – 12:00pm Hatha Yoga		
													4:00 – 5:00pm Reformer 5:00 – 6:00pm Reformer
5:30 – 6:30pm Barre Strength	5:30 – 6:30pm Reformer	5:30 – 6:30pm Cardio Barre	5:30 – 6:30pm Reformer	6:00 – 7:30pm Hatha Yoga	5:30 – 6:30pm Reformer 6:30 – 7:30pm Reformer	6:30 – 7:30pm Mat Pilates	5:30 – 6:30pm Reformer					6:00 – 7:00pm Yin Yoga	
6:30 – 7:30pm Vinyasa Yoga	6:30 – 7:30pm Reformer	6:30 – 7:30pm Mat Pilates	6:30 – 7:30pm Reformer	7:30 – 8:30pm Back to Basics Yoga	7:30 – 8:30pm Reformer	7:30 – 8:30pm Yin Yoga							
7:30 – 8:15pm Express Barre	7:30 – 8:15pm Reformer	7:30 – 8:15pm Barre	7:30 – 8:30pm Reformer										

Pilates

Reformer Pilates

Take your body to a new level with the ultimate pilates machine workout. The Pilates reformer machine provides finely tuned exercise resistance that allows one to work very precisely to develop good alignment, core strength, and flexibility. Small classes of up to 9 students, you'll be empowered by the results.

Mat Pilates

The Pilates mat method seeks to develop controlled movement from a strong core. Using the principles of pilates you'll become stronger and more flexible due to this invigorating workout.

Yoga

Hatha Yoga

Experience a dynamic approach with an emphasis on alignment and breath. Leave feeling re-energised.

Power Vinyasa Yoga

The name says it all. This class will create a high level of energy whilst promoting mental stability.

Yin Yoga

You'll be focusing on exercising the deeper layers of the physical body, mainly the joints and connective tissues of the hips and lower back. Prepare for restorative yoga at its best

Barre

Barre is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching.

This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

