



Melbourne Natural Wellness

Studio Timetable as at 18th February

Check the website for updates

All classes are mixed level anyone can participate!

Mat classes are max 12 in a class

All Reformer Classes are max 3 in a class

All classes are 60 min unless stated

Bookings essential for all classes

p) 96621311
Or Book online via the website

3hrs notice to cancel booked class

Mat	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45						
10:30						
12:15				Yoga 45 Sally		
12:30		Stretch & Flex 45 Jodie				Pilates Birgitte
12:45						
1:00					Mat Pilates 45 Carina	
6:15			Yoga 45 Sally			
6:30		Pilates Birgitte		Yoga Tina		

Re-former	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45		Reformer 45 Carina				
9:30						
12:15	Reformer 45 Carina		Reformer 45 Carina		Reformer 45 Carina	
12:30				Reformer 45 Carina		
12:45						
1:00						
5:30	Reformer Natalie	Reformer 45 Savannah		Reformer 45 Carina		
6:15		Reformer 45 Savannah		Reformer 45 Carina		
6:30	Reformer Natalie		Reformer 45 Savannah			
7:00		Reformer 45 Savannah				
7:15			Reformer 45 Savannah			

