

THE SUNCLIFF

SEAFRONT HOTEL
BY OCEANA

Studio Class Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
YOGA TRAPEZE Zoe 6.15-7.15pm 07779263772	CLINICAL PILATES Lesley 9.15am-10.15am 07802317759	FITSTEPS Wendy 9.45-10.45am 07825884372	YOGA STRENGTHENING Zoe 11.00-11.30am 07779263772	BALLET BARRE Kelly 10.00-11.00am Rachel - 07870115419	ADULT BALLET Marta 9.45-10.45am 07885647300	PIYO Irina 6.00-7.00pm 07842973622
BELLY DANCE Julia 7.30-8.45pm 07845378590	YOUTH AERIAL HOOP CLASS Gemma 4.00-7.00pm 07951610600	PILATES Kathie 11am-12pm 07775651566	YOGA TRAPEZE Zoe 11.30am-12.30pm 07779263772	CONTEMPORARY SENIORS Roxanne 4.30-5.45pm 07969768977		LA/NY SALSA Manuela & Krasi 7.45-9.15pm 07729250289
	VINYASA YOGA Rachael 7.15-8.30pm 07967483769	PILATES IMPROV/INTERM Siobhan 5.00-6.00pm 07789954301	PRIVATE PRACTICE 12.45pm-1.45pm	PIYOLET Viv 6.00-7.00pm 07969768977		
		VINYASA YOGA Rachael 7.30-8.45pm 07967483769	LADIES LATIN Julia 7.00-8.15pm 07845378590			
			LA/NY SALSA Manuela & Krasi 8.30-9.30pm 07729250289			