



# Studio Timetable

## Monday

5.30am Reformer Express - AG  
6.00am Reformer Express - AG  
6.30am Reformer Express - AG  
  
9:30am Gentle Flow Yoga - MA  
  
5.00pm - Reformer Express - SE  
5.30pm Pilates Mat Express - SE  
6.00pm Reformer Express - SE  
6.30pm Pilates Contrology - SE

## Tuesday

5.45am Yin Yoga - MW  
  
9.30am Pilates Mat - AC  
  
4:15pm Reformer Express - AG  
4.50pm Reformer Express - AG  
5.25pm Reformer Express - AG  
6.00pm Pilates Barre - AG  
7.00pm Yin Yoga - MA

## Wednesday

5.00am Reformer Express - SE  
5.30am -Pilates Mat Express -SE  
6:00am Gentle Flow Yoga - MW  
  
9.00am Reformer Express - AG  
9:30am Pilates Barre - AG  
  
12pm - Pilates Mat Express - AC  
  
4:30pm Pilates Mat - SE  
5.30pm Strong Yoga - JY  
6:45pm Restorative Yoga - MA

## Thursday

5.30am Pilates Mat Express - AG  
6:00am Barre Express - AG  
6.30am Reformer Express - AG  
  
8.50am Reformer Express - AG  
9:30am Yin Yoga - MW  
  
4:15pm Reformer Express - SE  
4.50pm Reformer Express - SE  
5.25pm Reformer Express - SE  
6.00pm Pilates Mat - SE  
7.00pm Gentle Flow Yoga - JY

## Friday

5.30am Reformer Express - AG  
6:00am Reformer Express - AG  
6.30am Stretch Mat Express - AG  
  
9:30am Gentle Flow Yoga - KG  
10.40am Reformer Express - AG  
11.15am Reformer Express - AG  
12pm - Pilates Mat Express - AC  
  
5pm - Pilates Mat - JY  
6pm - Pilates Reformer - JY

## Saturday

5.30am Pilates Reformer - JY  
6.30am Reformer Express - SE  
7.00am Pilates Mat - SE  
7.45am Reformer Express - SE  
8.15am Reformer Express - SE  
8.50am Stretch & Flow Mat - SE  
9.40am YinYin Yoga - MW

## Sunday

4pm Restorative Yoga - MW

AG - Anna Grant / KG - Kimberley Gardiner / AC - Andrea Creighton  
SE - Subita Ellis / MW - Mari-Anne Wells / JY - Jennie Young  
Yoga - 60 mins / Mat-Barre - 45/50 mins / Express - 30 mins

Check online for updates - [www.innaessence.com](http://www.innaessence.com)  
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