



YOGA REPUBLIC CLASS TIMES

**Fly Yoga available for private or group classes
Please enquire for times and prices**

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00	Zumba 60 Mins			Zumba 60 Mins		Zumba 60 Mins	
9:00		Hot Yoga 70 Mins	Gentle Flow 70 Mins				
9:15	Hot Pilates 55 Mins	Fusion Flow 70 Mins	Hot Pilates 55 Mins	Hot Yoga 60 Mins	Hot Yoga 60 Mins	Hot Pilates 55 Mins Fusion Flow 55 Mins	Hot Yoga 70 Mins
10:30	Gentle Flow 70 Mins	Zumba 60 Mins		Gentle Flow 70 Mins	Yin Yoga 60 Mins		
10:45							
12:00			Zumba 60 Mins	Hip Hop 60 Mins		Salsa 60 Mins	
16:00						Silently Hot 70 Mins	Gentle Flow 70 Mins
17:00		Hip Hop 60 Mins		Tango (Argentine) 60 Mins			
18:00							
18:15	Hot Yoga 60 Mins	Gentle Flow 70 Mins	Hot Pilates 55 Mins	Silently Hot 70 Mins			
19:15							
19:30	Latin 60 Mins	Zumba 60 Mins	Latin 60 Mins	Zumba 60 Mins	Hip Hop 60 Mins		