

# AWAKEN TIMETABLE 2024

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00AM	<b>Reformer Pilates</b> 45 mins	<b>Yoga Flow</b> 50 Mins	<b>Reformer Pilates</b> 45 mins		<b>Reformer Pilates</b> 45 mins		
7:00AM	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	
8:00AM			<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Yoga Yin</b> 1 hour
9:00AM	<b>Reformer Pilates</b> 45 mins	<b>Ignite</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Mat Pilates</b> 45 mins	
10:00AM	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Yoga Vinyasa</b> 1 hour	<b>Reformer Pilates</b> 45 mins		
4:30PM	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins	<b>Reformer Pilates</b> 45 mins				
5:30PM	<b>Reformer Xpress</b> 30 mins	<b>Yoga Yin</b> 1 hour	<b>Reformer Xpress</b> 30 mins	<b>Reformer Pilates</b> 45 mins			
6:15PM	<b>Mat Pilates</b> 45 mins		<b>Mat Pilates</b> 45 mins				
6:30PM				<b>Reformer Pilates</b> 45 mins			



Bookings required through the App  
 - Search Glofox in the App Store  
 (Awaken Pilates and Yoga Yanchep)  
 Bookings required for Crèche  
 - Casual bookings available  
 \$4 for 60 mins  
 \$6 for 90 mins

### STAFFED HOURS

MON - FRI	8.30AM - 11.30AM
MON - THURS	4:00PM - 7:00PM
SATURDAY	8AM - 11AM

### CRECHE

MON/TUES/FRI	8:30AM - 11:30AM
WEDS/FRI	8AM - 11:30AM
TUES	4:30PM - 7PM
THURS	4PM - 7PM
SATURDAY	8AM - 11AM