

	M	Tu	W	Th	F	S	Su
<b>6:00AM</b>	Reformer Pilates 45 mins		Reformer Pilates 45 mins	Yoga VINYASA 60 mins			
<b>7:00AM</b>	IGNITE 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga FLOW 50 mins	
<b>8:00AM</b>	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
<b>9:00AM</b>	Reformer Pilates 45 mins	IGNITE 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE 45 mins
<b>10:00AM</b>	Mums n Bubs Reformer 45 mins		Mums n Bubs Reformer 45 mins	Reformer Pilates 45 mins	IGNITE 45 mins		
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<b>4:30PM</b>	Reformer Pilates 45 mins	Reformer Pilates 45 mins		Reformer Pilates 45 mins	Bookings required through the App - Search Awaken Pilates and Yoga in the App Store		
<b>5:30PM</b>	IGNITE 45 mins	YIN Yoga 60 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins			
<b>6:30PM</b>	Mat Pilates 45 mins		Reformer Pilates 45 mins				

# ASHBY TIMETABLE

\*Timetable subject to change