

Mat SCHEDULE

MONDAY

8.00AM
9.15AM
10.30AM

5.30PM
6.45PM (MEN ONLY)

TUESDAY

9.15AM
10.30AM (MUM AND BABY)

5.45PM
7.00PM (INTERMEDIATE)

WEDNESDAY

8.00AM
9.15AM
10.30AM
1.00PM (DYNAMIC)

5.30PM (BACK PAIN)
7.00PM
(INTERMEDIATE)

THURSDAY

9.15AM
10.30AM (GENTLE)
12.00PM (EDS &
HYPERMOBILITY)

5.45PM
7.00PM (INTERMEDIATE)

FRIDAY

9.15AM
10.30AM(DYNAMIC)
11.45AM

5.00PM

SATURDAY

8.30AM (INTERMEDIATE)
9.45AM (PREGNANCY)
11.00AM

SUNDAY

10.00AM (RESTORATIVE)