

ASHBY TIMETABLE

	M	Tu	W	Th	F	S	Su
6:00 AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga VINYASA 60 mins	Reformer Pilates 45 mins		
7:00 AM	IGNITE Advanced Reformer 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Yoga FLOW 50 mins	
8:00 AM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
9:00 AM	Reformer Pilates 45 mins	IGNITE Advanced Reformer 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	IGNITE Advanced Reformer 45 mins	Reformer Pilates 45 mins	IGNITE Advanced Reformer 45 mins
10:00 AM	Mums n Bubs Reformer 45 mins		Mums n Bubs Reformer 45 mins	Mums n Bubs Reformer 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins	

4:30 PM	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Mat Pilates 45 mins	Reformer Pilates 45 mins
5:30 PM	IGNITE Advanced Reformer 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins
6:30 PM	Mat Pilates 45 mins	YIN Yoga 60 mins	Reformer Pilates 45 mins	Reformer Pilates 45 mins

Bookings required through the App
- Search Awaken Pilates and Yoga in the App Store

*Timetable subject to change

