

## STUDIO TIMETABLE



WINTERHOUSE  
WELLNESS FOR BODY, MIND AND SOUL

### MONDAY

17:15 Hatha Yoga with NATHALIE

19:00 Tai Chi with MATT

### TUESDAY

10:00 Back Care Yoga with KAT

18:00 Vinyasa Flow with NATHALIE

### WEDNESDAY

9.30 Hatha Yoga with NATHALIE

### THURSDAY

17:30 Pilates (foundations) with DANNY

18:30 Pilates (all levels) with DANNY

### FRIDAY

17:00 Classical Pilates with KEVIN

18:30 Vini Yoga with LISA

### SUNDAY

16:00 Gong Bath with DAWN & KAREN  
(Every 4th in the month)