

# STUDIO TIMETABLE

|              | MONDAY  | TUESDAY                                     | WEDNESDAY                                   | THURSDAY                                    | FRIDAY                                       | SATURDAY                                    | SUNDAY                                |
|--------------|---|---|---|---|--|---|---------------------------------------|
| 7.30am-8am   |   | 7.30am-8.30am                               |   |   |  |   |                                       |
| 8am-8.30am   |   | Surrenne Yoga                               |   | 8am-9am                                     |  |   |                                       |
| 8.30am-9am   |   |   |   | Surrenne Barre                              |  |   |                                       |
| 9am-9.30am   | 9am-10am<br>Surrenne Box                      | 9am - 10am<br>On Demand<br>Earth & Sky      | 9am-10am<br>Surrenne Zen                    |   |  |   | 9am-10am<br>Surrenne Run              |
| 9.30am-10am  |   |   |   | 9:30am-10:30am<br>Surrenne Pilates          |  |   |                                       |
| 10am-10.30am |   |   | 10am-11am<br>Surrenne Pilates               |   | 10am-11am<br>Surrenne Yoga                   |   |                                       |
| 10.30am-11am | 10:30am - 11.30am<br>On Demand<br>Earth & Sky |   |   |   |  | 10:30am-11:30am<br>Surrenne Yoga            |                                       |
| 11am-11.30am |   |   |   | 11am-12pm<br>Surrenne Yoga                  |  |   |                                       |
| 11.30am-12pm |   |   |   |   |  |   | 11:30am-12:30pm<br>Surrenne HiiT      |
| 12pm-12.30pm | 12pm - 1pm<br>Surrenne<br>Pilates Sculpt      |   |   |   |  | 12pm - 1pm<br>On Demand<br>Earth & Sky      |                                       |
| 12.30pm-1pm  |   |   |   |   | 12:30pm - 1.30pm<br>On Demand<br>Earth & Sky |   |                                       |
| 1pm-1.30pm   |   |   |   |   | 1pm - 2pm<br>Surrenne Stretch<br>& Mobility  |   |                                       |
| 1.30pm-2pm   | 1:30pm - 2.30pm<br>On Demand<br>Earth & Sky   | 1:30pm - 2.30pm<br>On Demand<br>Earth & Sky | 1:30pm - 2.30pm<br>On Demand<br>Earth & Sky | 1:30pm - 2.30pm<br>On Demand<br>Earth & Sky |  | 1:30pm - 2.30pm<br>On Demand<br>Earth & Sky |                                       |
| 2pm-2.30pm   |   |   |   |   |  |   | 2pm - 3pm<br>On Demand<br>Earth & Sky |
| 2.30-3pm     |   |   |   |   |  |   |                                       |
|              |   |   |   |   |  |   |                                       |
| 6pm-6.30pm   | 6pm - 7pm<br>Surrenne Power                   |   | 6pm - 7pm<br>Surrenne Power                 |   | 6pm - 7pm<br>Surrenne Power                  |   |                                       |
| 6.30pm-7pm   |   |   |   |   |  |   |                                       |
|              |   |   |   |   |  |   |                                       |
| 6pm-6.30pm   |   | 8pm - 9pm<br>Surrenne Zen                   |   | 8pm - 9pm<br>Surrenne Zen                   |  |   |                                       |
| 6.30pm-7pm   |   |   |   |   |  |   |                                       |

# SURRENNE