

THE REPOSE TIMETABLE

*ALL CLASS ARE 1 HR UNLESS STATED OTHERWISE

KEY

REFORMER CLASSES

CLASSIC CLASSES

ANTIGRAVITY CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM SUSPENSION FITNESS BY ANTIGRAVITY LEVEL 1 NUNO	7:00 AM REFORMER PILATES JUMP BOARD JUMMY	7:00 AM REFORMER PILATES OPEN LEVEL PEPPER	7:00 AM REFORMER PILATES INTERMEDIATE / ADVANCED LUCY R	7:00 AM REFORMER PILATES OPEN LEVEL SUE	8:15 AM ANTIGRAVITY FOR BEGINNERS LEAH	9:30 AM JIVAMUKTI YOGA JORDANA
9:45 AM VINYASA YOGA JOE	8:00 AM REFORMER PILATES INTERMEDIATE / ADVANCED LUCY S	8:00 AM REFORMER PILATES INTERMEDIATE / ADVANCED PEPPER	8:00 AM REFORMER PILATES OPEN LEVEL LUCY R	8:00 AM REFORMER PILATES JUMP BOARD SUE	9:30 AM VINYASA YOGA JOAO	10:45 AM ANTIGRAVITY FOR BEGINNERS JORDANA
12:00 PM AIRBARRE BY ANTIGRAVITY AGA	8:45 AM - 9:30 AM BARRE AMY	9:45 AM REFORMER PILATES JUMP BOARD JUMMY	9:45 AM AERIAL YOGA BY ANTIGRAVITY LEVEL 1 NUNO	9:45 AM REFORMER PILATES OPEN LEVEL SUE	10:45 AM BARLESS BARRE SOPHIE	12:00 PM RESTORATIVE YOGA BY ANTIGRAVITY JORDANA
1:30 PM REFORMER PILATES OPEN LEVEL LUCY R	9:45 AM PILATES BY ANTIGRAVITY NUNO	11:00 AM REFORMER PILATES OPEN LEVEL SHARON	12:00 PM PILATES BY ANTIGRAVITY RACHEL R	12:00 PM BARRE AMY	12:00 PM AERIAL YOGA BY ANTIGRAVITY LEVEL 1 AGA	1:30 PM REFORMER PILATES INTERMEDIATE / ADVANCED LUCY R
5:00 PM REFORMER PILATES JUMP BOARD LUCY R	12:00 PM REFORMER PILATES INTERMEDIATE / ADVANCED LUCY S	12:00 PM REFORMER PILATES INTERMEDIATE / ADVANCED SHARON	1:30 PM ANTIGRAVITY FOR BEGINNERS RACHEL R	12:00 PM JIVAMUKTI YOGA JORDANA	1:15 PM SUSPENSION FITNESS BY ANTIGRAVITY LEVEL 1 AGA	2:30 PM REFORMER PILATES OPEN LEVEL LUCY R
6:00 PM BARRE SOPHIE	1:30 PM AERIAL YOGA BY ANTIGRAVITY AARON	1:15 PM AIRBARRE BY ANTIGRAVITY LEVEL 1 NUNO	5:00 PM REFORMER PILATES INTERMEDIATE / ADVANCED SUE	1:30 PM REFORMER PILATES INTERMEDIATE / ADVANCED SUE	3:00 PM REFORMER PILATES OPEN LEVEL JEMIMA	
6:15 PM REFORMER PILATES INTERMEDIATE / ADVANCED LUCY R	4:00 PM VINYASA YOGA AUTUMN	6:00 PM BARRE SOPHIE	6:00 PM JIVAMUKTI YOGA JORDANA	5:00 PM REFORMER PILATES OPEN LEVEL LUCY R	4:00 PM REFORMER PILATES JUMP BOARD JEMIMA	
7:15 PM BARRE SOPHIE	6:00 PM BARRE SOPHIE	6:00 PM FLIPS & TRICKS BY ANTIGRAVITY LEVEL 1 AGA	7:30PM AIR BARRE BY ANTIGRAVITY LEVEL 1 AGA	6:15 PM SUSPENSION FITNESS BY ANTIGRAVITY LEVEL 2 NUNO	5:00 PM REFORMER PILATES INTERMEDIATE / ADVANCED JEMIMA	
7:45 PM SUSPENSION FITNESS BY ANTIGRAVITY LEVEL 1 AARON	6:15 PM AERIAL YOGA BY ANTIGRAVITY LEVEL 2 NUNO	7:15 PM BARRE SOPHIE		7:30 PM FLIPS & TRICKS BY ANTIGRAVITY LEVEL 2 NUNO		
	7:30 PM RESTORATIVE YOGA BY ANTIGRAVITY NUNO	7:15 PM AERIAL YOGA BY ANTIGRAVITY AGA				



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