

Group classes from April 2013:

Monday

Classic mat class
18:15 - 19:15

Classic mat class
19:30 - 20:30

Tuesday

Classic mat class
19:30 - 20:30

Wednesday

Power hour
11:30 - 12:15

Thursday

Advanced Mat
20:00 - 21:00

Friday

Postnatal
18:45 - 19:45

Prenatal
20:00 - 21:00

Minimum 4 participants per lesson required. Reservations and cancelations must be done via doodle.com, therefore contact Jenny-Lee. This schedule may be changed without notice.