

Yoga Timetable visit: www.somachi.com.au/yoga-timetable.htm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Detox 6:30 to 7:45		Detox 6:30 to 7:45	Detox 6.30 to 7.45	Open 8:00 to 9:15	
Flow 9:30 to 10.45	Open 9.30 to 10.45	Open 9:30 to 10.45	Rejuvenate 9.30 to 10.45	Community 9:30 to 10.45	Flow 10:00 to 11:30	Rejuvenate 10.00 to 11.00
	Open 12.15 to 1.15	Fab 50 11.00 to 12.00	Open 12:15 to 1:15			
Prenatal 6.00 to 7.00						Athletic Flow 4:30 to 6:00
Flow 6:00 to 7:30	Meditation 6:00 to 6:45	Meditation 6.00 to 6.45	Flow 6:00 to 7:15	Power Hour 5.30 to 6.30		
Rejuvenate 7.30 to 8.30	Athletic Flow 7:00 to 8:30	Open 7.00 to 8.30				

Pilates Timetable visit: www.somachi.com.au/pilates-timetable.htm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Circuit 10.00 to 11.00	Private Session 10.00 to 11.00		Pilates Circuit 10.00 to 11.00		Pilates Circuit 10.00 to 11.00	
	Private Session 11.15 to 12.15				Pilates Circuit 11.15 to 12.15	
Pilates Circuit 6.15 to 7.15		Pilates Circuit 6.15 to 7.15				
Pilates Circuit 7:30 to 8:30		Pilates Circuit 7.30 to 8.30	Pilates Circuit 7:30 to 8:30			