

Timetable 2024

Yoga | Pilates

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Pilates 60 mins	Pilates 60 mins	Vinyasa 60 mins	Ashtanga 60 mins	Pilates 60 mins		
8:00am						Pilates 45 mins	Vinyasa 60 mins
9:00am						Yin 60 mins	
4:45pm			Meditation 30 mins				
5:15pm	LAB 60 mins	Vinyasa 60 mins		Vinyasa 60 mins			
6:00pm			Hell's Bells 60 mins				
6:30pm	Yin Yin 60 mins						

Exercise Physiology Group Classes



Download the Bonfire Health App to manage bookings online or call 07 31727179 to book.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am	Strength & Conditioning 60 mins		Strength & Conditioning 60 mins				
10:00am	Parkinsons 60 mins		Parkinsons 60 mins				
10:30am		Healthy Aging 60 mins		Healthy Aging 60 mins			