

Timetable 2025

Yoga | Pilates

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Yoga/Pilates 60 min	Pilates LAB 60 mins	Vinyasa Yoga 60 mins	Ashtanga Yoga 60 mins	Pilates 60 mins		
8:00am						Pilates 45 mins	Vinyasa Yoga 60 mins
9:00am						Yin Yoga 60 mins	
4:45pm			Meditation 45 mins				
5:15pm	Pilates LAB 60 mins	Vinyasa Yoga 60 mins		Yinyasa 60 mins			
6:00pm			Pilates Hells Bells 60 mins				
6:30pm	Yin Yoga 60 min	Power Alignment 60 min					

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			