STUDIO

CORE

AUTUMN/WINTER

Day	Time	Class	Instructor
Monday	09:15 17:00 18:00 19:00	CORE CORE CORE ADVANCED	Hollie Rosina Rosina Rosina
Tuesday	17:30 18:30 19:30	CORE CORE FLOW	Hollie Hollie Hollie
Wednesday	09:15 17:30 18:30 19:30	CORE FOUNDATIONS CORE CORE	Laura Mollie Mollie Mollie
Thursday	18:00 19:00 20:00	**MAT SCULPT** CORE CORE	Mollie Mollie Mollie
Friday	07:00 08:00 09:00 10:00	**MAT SCULPT** STRENGTH CORE FOUNDATIONS	Rosina
Saturday	08:00 09:00 10:00	**MAT SCULPT** CORE CORE	Mollie/Gemma
Sunday	08:30 09:30 10:30	CORE CORE FOUNDATIONS	Hollie/Gemma