



the wellbeing studio

Welcome to the Wellbeing Studio

Healthy Body • Mind • Life....Be Well!

Studio Schedule

MONDAY

09.00-12.30 – Personal Training Sessions

12.30-13.30 – Pilates

19.00-20.00 – Pilates

TUESDAY

09.00-12.30 – Personal Training Sessions

18.15-19.15 – Pilates

19.15-20.15 – Pilates

WEDNESDAY

09.00-12.30 – Personal Training Sessions

10.15-11.15 – Pilates

11.15-12.15 – Pilates

18.30-19.30 – Yoga

19:45-20.45 – Pregnancy Yoga

THURSDAY

09.00-12.30 – Personal Training Sessions

12.30-13.30 – Pilates

18.00-19.00 – Pilates

19.00-20.00 – Pilates

FRIDAY

09.00-12.30 – Personal Training Sessions

09.30-10.30 – Pilates

10.30-11.30 – Pilates

17.00-21.00 – Personal Training Sessions

SATURDAY

08.45-09.45 – Yoga

10.00-11.00 – Pilates

SUNDAY

Closed

Private pilates lessons and extra personal training sessions are available throughout the week upon request and prior arrangement.