CLASS TIMETABLE

-Bookings Essential-

| Dooning's Essential | | | | | | |
|--|---|--|--|--|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:30am Reformer 7.30am Reformer 9.30am Reformer (creche available) | 5.30am Reformer 6.30am Reformer 9.00am Reformer (creche available) 10am Mums & Bubs (creche available) | 6.00am Reformer 9.00 am Reformer (creche available) | 5.30am Reformer 6.30am Reformer 9.00am Reformer (creche available) 9.00am Postnatal Course (creche available) | 6:30am Reformer 7.30am Reformer 9.30am Reformer (creche available) | 7am Reformer 8am Reformer 9am Reformer | 8am Reformer 9am Reformer 9am Beginner's Yoga |
| 12pm Reformer 5pm Reformer 6pm Reformer 6pm Deep Stretch Yoga 7pm Reformer | 12pm Reformer4.30pm Reformer4.30pm Barre5.30pm Reformer6.30pm Reformer | 12pm Reformer 5pm Reformer 6pm Reformer | 12pm Beginner Yoga4.30pm Reformer5.30pm Barre6:30pm Reformer | 12pm Reformer 4:30pm Reformer 5:30pm Reformer | | 10am Restorative Yoga |