

MSAC WELLNESS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30AM	REFORMER PILATES	REFORMER PILATES		ADVANCED PILATES			
7.15AM	HOT YOGA	VINYASA	MAT PILATES	VINYASA	HOT YOGA		
	MAT PILATES				MAT PILATES		
7.30AM			INTRO PILATES				
8.00AM	REFORMER PILATES					REFORMER PILATES	
8.15AM							REFORMER PILATES
9.15AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
	RESTORATIVE		HOT YOGA		VINYASA	HOT YOGA	
10.15AM							VINYASA
10.30AM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES		
11.45AM	WYSER REFORMER	WYSER MAT		WYSER MAT	WYSER CORE		
			WYSER YOGA				
12.00PM						REFORMER PILATES	
1.00PM		WYSER REFORMER		WYSER REFORMER			
4.30PM							HATHA
6.00PM	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
	VINYASA	MEDITATION	HOT YOGA				
6.30PM		HOT YOGA		VINYASA			
7.00PM	YIN		YIN				
7.10PM		REFORMER PILATES		REFORMER PILATES			

To book, please visit melbournesportscentres.com.au

Timetable subject to change without notice. Please visit our website for live and up to date session times.

For membership enquiries, please email or phone members@melbournesportscentres.com.au