

# integrity timetable

	monday	tuesday	wednesday	thursday	friday
morning		7:15 to 8:00 <b>Rocket Yoga (L1-2)</b> Peace Alima	7:15 to 8:00 <b>Vinyasa Flow (Open)</b> Kate Netinho	7:15 to 8:00 <b>Vinayasa Flow (L1-2)</b> Alina Bialek	7:15 to 8:00 <b>Yoga (L1-2)</b> Alina Bialek
	8:00 to 8:45 <b>Vinyasa Flow (L1-2)</b> Alina Bialek	8:00 to 8:45 <b>Rocket Yoga (Open)</b> Peace Alima	8:00 to 8:45 <b>Vinyasa Flow (L1-2)</b> Kate Netinho	8:00 to 8:45 <b>Vinyasa Flow (Open)</b> Alina Bialek	8:00 to 8:45 <b>Vinyasa Flow (L1-2)</b> Alina Bialek
lunch	12:15 to 13:00 <b>Yogasana (L1-2)</b> Eithne Bryan	12:15 to 13:00 <b>Pilates (L1-2)</b> Alice Maidment	12:00 to 12:15 <b>Mindfulness Meditation</b> Alina Bialek	12:15 to 13:00 <b>Rocket Yoga (Open)</b> Peace Alima	12:15 to 13:00 <b>Yogasana (L1-2)</b> Eithne Bryan
	13:00 to 13:45 <b>Pilates (Open)</b> Irek Bialek	13:00 to 13:45 <b>Rocket Yoga (L1-2)</b> Peace Alima	12:15 to 13:00 <b>Yoga for Stress</b> Alina Bialek	13:05 to 13:50 <b>Pilates (Open)</b> Irek Bialek	13:00 to 13:45 <b>Vinyasa Flow (L1-2)</b> Max Munro
	13:45 to 14:30 <b>Pregnancy Yoga</b> Helen Parker		13:05 to 13:50 <b>Vinyasa Flow (Open)</b> Alina Bialek	13:45 to 14:30 <b>Pregnancy Yoga</b> Helen Parker	
evening	17:15 to 18:00 <b>Pilates (L1-2)</b> Irek Bialek	17:15 to 18:00 <b>Pilates Equipment Course</b> Irek Bialek			17:15 to 18:00 <b>Pilates (L1-2)</b> Irek Bialek
		17:30 to 18:15 <b>Pilates (Open)</b> Alice Maidment	17:30 to 18:30 <b>Yogasana (L1-2)</b> Adam Biddle	17:30 to 18:15 <b>Beginner Pilates Course</b> Alice Maidment	
	18:00 to 19:15 <b>Vinyasa Flow (L1-2)</b> Alina Bialek	18:20 to 19:20 <b>Rocket Yoga (Open)</b> Olivia Ball	18:30 to 19:45 <b>Yogasana (Open)</b> Adam Biddle	18:20 to 19:20 <b>Yoga (Open)</b> Eithne Bryan	18:00 to 18:45 <b>Vinyasa Flow (Open)</b> Max Munro
	19:20 to 20:05 <b>Beginner Yoga Course</b> Alina Bialek	19:20 to 20:05 <b>Vinyasa Flow (Open)</b> Charlotte Taylor			

♦ All classes must be booked via the online booking portal, MindBody.

‡ Beginner courses run in six week blocks and must be booked in advance. Check the Integrity Centre website for the course dates.