

# integrity timetable

	monday	tuesday	wednesday	thursday	friday
<b>morning</b>	7:15 – 8:00 <b>Vinyasa Flow (Open)</b> Monet Hawkins	7:15 – 8:00 <b>Vinyasa Flow (Level 1-2)</b> Alina Bialek	7:15 – 8:00 <b>Vinyasa Flow (Open)</b> Sam Tewari	7:15 – 8:00 <b>Vinyasa Flow (Level 1-2)</b> Chloe O'Brien	7:15 – 8:00 <b>Vinyasa Flow (Open)</b> Alina Bialek
	8:00 – 8:45 <b>Vinyasa Flow (Level 1-2)</b> Alina Bialek	8:05 – 8:50 <b>Vinyasa Flow (Open)</b> Alina Bialek	8:00 – 8:45 <b>Vinyasa Flow (Level 1-2)</b> Chloe O'Brien	8:00 – 8:45 <b>Vinyasa Flow (Open)</b> Alina Bialek	8:00 – 8:45 <b>Vinyasa Flow (Level 1-2)</b> Sam Tewari
<b>lunch</b>	12:15 – 13:00 <b>Rocket Yoga (Open)</b> Alina Bialek	12:15 – 13:00 <b>Pilates (Level 1-2)</b> Alice Maidment	12:15 – 13:00 <b>Yoga for Stress</b> Alina Bialek	12:15 – 13:00 <b>Rocket Yoga (Open)</b> Peace Alima	12:15 – 13:00 <b>Pilates (Level 1-2)</b> Irek Bialek
	13:00 – 13:45 <b>Pilates (Open)</b> Irek Bialek	13:00 – 13:45 <b>Rocket Yoga (Level 1-2)</b> Peace Alima	13:00 – 13:45 <b>Vinyasa Flow (Open)</b> Alina Bialek	13:00 – 13:45 <b>Pilates (Open)</b> Alice Maidment	13:00 – 13:45 <b>Yoga (Level 1-2)</b> Chloe O'Brien
	13:45 – 14:30 <b>Pregnancy Yoga</b> Helen Parker		13:45 – 14:30 <b>Pilates (Open)</b> Irek Bialek		13:45 – 14:30 <b>Vinyasa Flow (Level 1-2)</b> Chloe O'Brien
<b>evening</b>	17:15 – 18:00 <b>Pilates (Level 1-2)</b> Alice Maidment	17:30 – 18:15 <b>Yoga with Alignment</b> Erica Handling	17:30 – 18:30 <b>Vinyasa Flow (Level 1-2)</b> Monet Hawkins	17:30 – 18:15 <b>Pilates (Open)</b> Alice Maidment	17:15 – 18:00 <b>Pilates (Open)</b> Irek Bialek
	18:00 – 19:15 <b>Vinyasa Flow (Level 1-2)</b> Alina Bialek	18:15 – 19:00 <b>Pilates Open</b> Irek Bialek	18:30 – 19:15 <b>Pilates (Level 1-2)</b> Irek Bialek	18:15 – 19:15 <b>Yoga with Alignment</b> Erica Handling	18:00 – 19:00 <b>Vinyasa Flow (Level 1-2)</b> Alina Bialek
	19:15 – 20:00 <b>Yoga for Stress</b> Alina Bialek		19:15 – 20:15 <b>Yoga (Level 1-2)</b> Silvia Marks	19:15 – 20:00 <b>Pilates (Level 1)</b> Irek Bialek	