

# STUDIO CLASSES (1:8)

## DYNAMIC MATWORK & BARRE TIMETABLE

### 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30				DYNAMIC BARRE with SERJI
10:30	DYNAMIC MATWORK with TARA			
12:00		DYNAMIC BARRE with SERJI		
13:00				DYNAMIC MATWORK with RHEN
18:00		DYNAMIC MATWORK with RHEN		CYCLING / RUNNING OPTIMISING FORM with GEORGIA
19.00	DYNAMIC MATWORK with HELEN	RUNNERS OPTIMISING FORM with RHEN	DYNAMIC MATWORK with HELEN	

ENQUIRIES: 0742 848 0827

or

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