



BREEZE EASTER SCHEDULE 2023

29TH MARCH – 1ST MONDAY

TIMETABLE

GOOD FRIDAY

BANK HOLIDAY FRIDAY 29TH MARCH (open 7.30am-9.30pm)

| | | |
|--------------|-------------------------------|---------|
| 08.00-09.00 | VINYASA FLOW OPEN | FATMA |
| 08.00-08.45 | RIDE 45 RIDE RISE & SHINE | SAL |
| 09.30-11.00 | HOT YOGA OPEN (26/2) | SAM M |
| 09.30-10.30 | VINYASA FLOW 2 | BONNY |
| 11.00-12.00 | PILATES OPEN | ALLISON |
| 12.15-13.00 | CORE OPEN | KIRSTY |
| 12.15-13.15 | RIDE 45-SPIN & SURGE | SAL |
| 13.15-14.15 | SOUND MEDITATION OPEN | JUNIOR |
| 17.30 -18.15 | SIGNATURE BARRE | SAL |
| 18.00 -19.00 | ONLINE PILATES OPEN | GOSIA |
| 18.00-19.15 | YIN YANG YOGA OPEN | GERRARD |
| 18.15-19.30 | HOT HATHA YOGA OPEN | VANESSA |
| 19.45-21.00 | HOT RESTORE & RESET YOGA OPEN | VANESSA |

EASTER SATURDAY

SATURDAY 30th MARCH (open 7.30am-6.00pm)

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| 08.00 -09.00 | HATHA YOGA OPEN | FATMA |
| 08.00-09.15 | HOT YOGA FLOW 2 | SUZY |
| 09.30-10.15 | SIGNATURE BARRE | GERRARD |
| 09.30-10.15 | RIDE 45 SPIN & SLAY | SUZY |
| 09:45-11.00 | HOT FORREST YOGA OPEN | NATALYIA |
| 10.45-11.45 | PILATES OPEN | VICTORIA |
| 11.30-12.45 | HOT YOGA FLOW 1 | RAIN |
| 12.00-13.00 | VINYASA FLOW OPEN | FATMA |
| 13.15-14.15 | WARM YIN & ALCHEMY | FATMA |
| | SINGING BOWLS | |
| 16.00-17.15 | HOT YOGA OPEN 26/2 | BONNY |
| 16.30-17.30 | COMMUNITY YOGA OPEN | KEVIN |

EASTER SUNDAY

SUNDAY 31st MARCH (open 8.30am-11.30am)

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|-------------|------------------------|--------|
| 09.00-09.45 | EASTER SIGNATURE BARRE | SAL |
| 09:00-10:00 | PILATES | TANYA |
| 09.30-10.45 | EASTER YOGA FLOW 2/3 | AGNETA |
| 10.00-10.45 | EASTER RIDE (45) | JON |
| 10.15-11.15 | EASTER HATHA YOGA OPEN | HASSAN |

EASTER MONDAY

BANK HOLIDAY MONDAY 1ST MARCH (open 7.30am-9.30pm)

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| 08.00-09.00 | HOT ALIGN & FLOW OPEN | LISA |
| 08.00-08.45 | RIDE 45 RIDE RISE & SHINE | CLAUDIA |
| 09.30-10.15 | SIGNATURE BARRE | CLAUDIA |
| 09.30-10.45 | HOT YOGA FLOW 1/2 | HASSAN |
| 09.30-10.30 | PILATES OPEN | JOSIE |
| 12.45-13.30 | HOT LUNCH TIME FLOW | HASSAN |
| 17.30-18.15 | SIGNATURE BARRE | ISSY |
| 18.00 -19.00 | ONLINE PILATES OPEN | GOSIA |
| 18:00-19:00 | HOT FORREST YOGA OPEN | LIES |
| 18.30-19.30 | HATHA YOGA OPEN | JACQUILINE |
| 18.30-19.15 | RIDE 45 SPIN & SLAY | SVEDANA |
| 19:45-21.00 | HOT YOGA FLOW 2/3 | FATMA |
| 20.00-21.00 | BEGINNERS YOGA OPEN | LIES |

freedom to be...