SAT 23 AUG	MAYA ANGELOU STUDIO	NELSON MANDELA STUDIO	MAHATMA GANDHI STUDIO	DALAI LAMA STUDIO	SIDDHARTHA GAUTAMA STUDIO	MUHAMMAD ALI STUDIO	ALBERT EINSTEIN STUDIO
7.00am							7.15am-8.00am Fitness – Spin 70s/80s Boogie & Burn with Cheryl Sponsored by The Athlete's Foot
8.00am						8.00am-9.00am Pilates – Mat 2000's Functional Pilates with Imran Sponsored by Fayshell	
9.00am				9.30am-10.30am Yoga – Yin Ancient wisdom for a modern world with Don Sponsored by Spring Retreat		9.00am-10.00am Fitness – A.I.R. HIIT Ultimate Challenge (Ibiza's calling) with Imran Sponsored by Bloch Active	
10.00am		10.30am-11.15am Pilates – Reformer with Carlos Sponsored by Bondi Brow Co.	10.15am-11.00am Fayshell "Fayshells on Reformers"		10.45am-11.45am Yoga – Hatha Flow Spring Cleansing Twists with Yuki Sponsored by T2		
11.00am	11.00am-11.45am Pilates – Reformer with Shu Sponsored by BAHE		11.15am-12.00pm Fayshell "Fayshells on Reformers"				
12.00pm				12.00pm-1.00pm Mogestri Pather "Immunity, allergens and detoxification"			
1.00pm					1.00pm-2.30pm Bodhi Holistic Hub "Second Spring: Navigating Pre-Menopause and Menopause"		

SUN 24 AUG	NELSON MANDELA STUDIO	MAHATMA GANDHI STUDIO	DALAI LAMA STUDIO	SIDDHARTHA GAUTAMA STUDIO	MUHAMMAD ALI STUDIO	ALBERT EINSTEIN STUDIO
9.00am		9.15am-10am Pilates - Reformer with Carlos Sponsored by Beauty by Doctor		9.30am-10.30am Yoga – Hatha Flow Spring Cleansing Twists with Yuki Sponsored by Bodhi	9.30am-10.30am Fitness – Power 80's & 90's Fever with Natalie Sponsored by MyChiro	9.30am-10.15am Fitness – Spin Rhythm with Ploy Sponsored by Blessed Bowls
10.00am	10.45am-11.30am Pilates – Reformer with Pru Sponsored by LSKD		10.00am - 12.00pm Market Day	10.30am-11.30am Yoga – Stretch: Desk athlete recovery with Martine Sponsored by IKU	10.30am-11.30am Fitness – Dance Fusion Heels and Feels with Estefania Sponsored by The Australian Ballet	
11.00am	11.30am-12.15pm Pilates – FOUNDATION Reformer with Pru					
12.00pm				12.00pm-1.00pm Beauty By Doctor "Achieving Natural-Looking Results: Alternatives to Dermal Filler"	12.00pm-12.30pm MyChiro Spinal Health with Dr. Steve	
1.00pm			1.00pm-2.00pm T2 Tea Ceremony			
2.00pm				2.00pm-3.30pm Yoga Philosophy with Don		
3.00pm						
4.00pm			4.00pm-5.00pm Yoga – Restoration and Soundbath with Martine Sponsored by T2			