



# The Wellness Studio Weekly Timetable



w/c 16th March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.45 am - 9.15 am	Maria Barnicoat						
9.15 am - 10.45 am	Michelle Cotillard	Kate Howell		Michelle Cotillard	Kate Howell	Kate Howell	Kate Howell
10.45 am - 12.15 pm		Michelle Cotillard				Michelle Cotillard	SomaRising
12.15 pm - 1.45 pm							SomaRising
1.45 pm - 3.15 pm							SomaRising
3.15pm - 4.45 pm							Rashmi Singhal
4.45 pm - 5.45 pm							Rashmi Singhal
5.45 pm - 7.15 pm	Michelle Cotillard	Kate Howell	Michelle Cotillard	Kate Howell	Michelle Cotillard		
7.15 pm - 8.45 pm					Naomi West		

Interested in booking our studio? Get in touch!

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