



ONLINE TIMETABLE

MON	9:30AM	10:15AM	SCULPT	JO
	10:30AM	11:30AM	PILATES MATWORK	AKANE
	11:30AM	12:15PM	POWER RIDE	SANDRA
	12:00PM	1:00PM	HATHA YOGA	JULIA
	6:00PM	7:00PM	PILATES BASICS	ALLISON
	6:30PM	7:15PM	ULTIMATE CONDITIONING	KATIA
	7:15PM	8:45PM	IYENGAR YOGA	OLIVIA
	7:30PM	8:15PM	ZUMBA	VERITY
TUE	7:30AM	8:30AM	VINYASA/FLOW YOGA	JULIET
	9:15AM	10:15AM	IYENGAR YOGA	MAGGIE
	10:30AM	11:30AM	PILATES MATWORK	LEONA
	11:30AM	12:15PM	ZUMBA	SABRINA
	11:45AM	12:45PM	VINYASA/FLOW YOGA	LISA
	12:30PM	1:30PM	BALLET-TONE	ALEX
	1:45PM	2:30PM	STRETCH	ALEX
	7:00PM	7:45PM	POWER RIDE	SANDRA
7:45PM	9:15PM	KUNDALINI YOGA	SIRI ATMA	
WED	8:00AM	9:00AM	VINYASA/FLOW YOGA	BEA
	9:15AM	10:15AM	PILATES MATWORK	ZUZANA
	10:00AM	10:45AM	BOOTCAMP	GEMMA
	11:00AM	11:45AM	BALLET BARRE	GEMMA
	6:30PM	7:15PM	ULTIMATE CONDITIONING	KATIA
THU	9:15AM	10:00AM	HIIT	JADE
	9:15AM	10:45AM	IYENGAR YOGA	OLIVIA
	11:00AM	12:00PM	PILATES MATWORK	FIONA
	6:30PM	7:15PM	SCULPT	JONATHAN
FRI	7:15AM	8:00AM	CYCLE	AGNIESZKA
	8:00AM	9:00AM	PILATES BASICS	PHILIP
	9:30AM	10:15AM	SCULPT	GEMMA
	7:00PM	8:30PM	IYENGAR YOGA	SONJA
SAT	9:00AM	9:45AM	ZUMBA	STAN
	10:00AM	10:45AM	SCULPT	KATIA
	10:45AM	11:45AM	PILATES MATWORK	MARLA
	11:00AM	11:45AM	TOTAL BODY WORKOUT	KATIA
SUN	9:00AM	10:00AM	VINYASA/FLOW YOGA	EVA
	9:15AM	10:00AM	SCULPT	TRACEY
	10:30AM	11:30AM	PILATES MATWORK	ANN
	11:30AM	12:15PM	ZUMBA	ANELIA