

EXHALE FITNESS STUDIO

MOTORCITY SEPTEMBER SCHEDULE 04 4474220

	Saturday			Sunday			Monday			Tuesday			Wednesday			Thursday		
Hr	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3
8am				8.30-9.30 FIT BALL Sandra		8.30-9.30 PILATES MAT All Levels Susanna/Jharta			8.30-9.45 BEGINNERS YOGA Andrea			8.30-9.30 PILATES MAT All Levels Susanna/Jharta			8.30-9.45 BEGINNERS YOGA Andrea	8.30-9.30 STEP Lashley	8.30-9.30 FIT PILATES Intermedaite Liljjana	
9am	9.30-10.30 LEGS, BUMS & TUMS Sandra	9.30-10.30 PILATES MAT Beg/Int Jharta		9.30-10.30 LEGS, BUMS & TUMS Sandra	9.30-10.30 PILATES REFORMER Intermediate Susanna/Jharta	9.30-10.45 HATHA FLOW Andrea	9.00-10.00 TONE UP Lashley	9.00-10.00 PILATES REFORMER Beg Jharta		9.00-10.00 LEGS, BUMS & TUMS Sandra	9.30-10.30 PILATES REFORMER All Levels Susanna/Jharta	9.30-10.45 VINYASA YOGA Este	9.30-10.30 SLIM DOWN Liris	9.30-10.30 PILATES REFORMER Beg. Jharta		9.30-10.30 FIT BALL Lashley	9.30-10.30 PILATES REFORMER Interm. Jharta	9.00-10.15 YOGA 4 ALL Simonette
10am	10.30-11.30 FLEXI BAR PILATES Sandra	10.30-11.30 PILATES REFORMER Beg/Int Jharta	10.00-11.15 VINYASA YOGA Rana	10.30-11.30 BUDOKON Becky	10.30-11.15 PRE NATAL PILATES Susanna/Jharta		10.00-11.00 STEP Lashley		10.00-11.00 PILATES MAT Beg Jharta	10.00-11.00 FLEXI BAR PILATES All Levels Sandra			10.30-11.30 BUDOKON Becky	10.30-11.15 PRE NATAL PILATES Jharta	10.30-11.30 PILATES MAT Beginners Sandra			
11am									11.00-12.00 PRE NATAL YOGA Andrea									11.00-12.00 PRE NATAL YOGA Andrea
1pn	<p align="center">SEPTEMBER PROMO: 10% off all memberships (24hrs. Cancellation Policy applies on ALL CLASSES) See notes below</p>																	
3pm				3.00-3.30 THUMBELINA 3:30- 4:15 FAIRY 4.15-5.00 JAZZ Lisa			3.30-4.15 ACTING UP LEVEL 1 4-6 yrs											
4pm							4.15-5.30 ACTING UP LEVEL 2 7-10 yrs			4.00-4.45 MIGHTY MITES 3-4 yrs MY GYM								
5pm			5.00-6.00 ARMS, BACK & BUMS Jharta				5.30-6.30 MINI SHOW STOPPERS 6-10 yrs			5.00-5.45 WHIZZ KIDS 5-6 yrs MY GYM							5.00-6.00 PILATES REFORMER All Levels Jharta	
6pm		6.00-7.00 PILATES REFORMER All Levels Jharta		6.30-7.30 LEGS, BUMS & TUMS Sandra		6.00-7.00 PILATES MAT Beg. Jharta	6.30-7.30 LATINO CARDIO Liris	6.30-7.30 PILATES REFORMER Interm. Jharta	6.00-7.15 VINYASA YOGA Rana	6.30-7.30 FLEXI BAR PILATES All Levels Sandra	6.30-7.30 PILATES REFORMER Interm. Jharta	6.00-7.15 VINYASA YOGA Rana	6.30-7.30 LATINO CARDIO Liris		6.00-7.00 PILATES MAT Beg. Jharta	6.30-7.30 TONE UP Sandra		6.00-7.15 VINYASA YOGA Rana
7pm				7.30-8.30 FIT BALL Sandra	7.00-8.00 PILATES REFORMER Beginners Jharta	7.00-8.15 VINYASA YOGA Carol	7.30-8.30 SLIM DOWN Liris		7.30-8.30 PILATES MAT All Levels Jharta	7.30-8.30 FIT BALL Sandra		7.30-8.30 PILATES MAT All Levels Jharta	7.30-8.30 SLIM DOWN Liris	7.30-8.30 PILATES REFORMER Interm. Jharta	7.00-8.15 VINYASA YOGA Carol			
8pm						8:30-9.30 PILATES MAT Intermediate Jharta/Nina						8:30-9.30 PILATES REFORMER Beginners Jharta/Nina						

Classes are subject to change without prior notice, please book in advance

CHILDREN			PRE NATAL			PILATES			YOGA			FITNESS CLASSES						
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SANDRA'S Classes will commence on Sept 8th
 LIRISS's classes will commence on the 12th of September
 Ballet class commence on 19th September