

SCHEDULE

June 1 - 30, 2017

PILATES REFORMER	PILATES MAT	YOGA	PRENATAL	FITNESS	NEW	MIXES
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AM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
9:00-9:55 <small>PILATES REFORMER BEGINNER</small> Maryliz	9:00-9:55 BODYTONE Slavica	8:30-9:15 BODY ART Milka	8:30-9:25 BALLET BARRE Heba	8:30-9:25 <small>PILATES REFORMER BEGINNER</small> Heba	8:30-9:25 <small>PILATES MAT ALL LEVELS</small> Slavica	8:30-9:25 <small>PILATES REFORMER BEGINNER</small> Maryliz	8:30-9:25 <small>PILATES MAT ALL LEVELS</small> Lucy		8:30-9:15 BODY ART Milka		8:30-9:25 YOGA STRETCH Dina	9:00-9:55 <small>PILATES REFORMER BEGINNER</small> Hened	
10:00-10:55 <small>PILATES REFORMER ALL LEVELS</small> Slavica	10:00-11:15 VINYASA FLOW YOGA Dina	9:30-10:25 <small>PILATES REFORMER BEGINNER</small> Heba	9:30-10:45 VINYASA YOGA Tracy	9:30-10:25 <small>PILATES REFORMER INTERMEDIATE</small> Heba	9:30-10:45 YOGA FOR ALL Alexandra	9:30-10:25 <small>PILATES REFORMER BEGINNER</small> Hened	9:30-10:45 HATHA YOGA Enji	9:00-9:55 <small>PILATES REFORMER ALL LEVELS</small> Hened	9:30-10:45 YOGA FOR ALL Karina	9:00-9:55 <small>PILATES REFORMER ALL LEVELS</small> Katy	9:30-10:25 BOOTY BARRE Ha	10:00-10:55 <small>PILATES REFORMER INTERMEDIATE</small> Hened	10:00-11:15 HATHA FLOW YOGA Karina
	11:15-12:15 PRENATAL YOGA Dina	10:30-11:25 <small>PILATES REFORMER ALL LEVELS</small> Lucy	10:50-11:45 NEUROPIILATES Heba	10:30-11:15 <small>PILATES REF INTRO - Pre-booking Only</small> Slavica			11:00-12:00 PRENATAL YOGA Jo				10:30-11:25 <small>LEGS, BUMS, AND TUMS</small> Slavica		
											10:30 - 11:25 <small>LEGS, BUMS, AND TUMS</small> Slavica		

PM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
			5:30 - 6:25 <small>LEGS, BUMS, AND TUMS</small> Slavica		6:30 - 7:15 HIIT Slavica		5:30 - 6:15 BODY ART Milka	7:30 - 8:25 <small>PILATES REFORMER ALL LEVELS</small> Slavica	6:30-7:15 HIIT Susanna				
		7:30-8:25 <small>PILATES REFORMER BEGINNER</small> Yousra	7:30-8:25 MATS AND PROPS Slavica	7:30-8:25 <small>PILATES REFORMER ALL LEVELS</small> Amba	7:30-8:30 POWER YOGA Karina	7:30-8:30 <small>PILATES REFORMER BEGINNER</small> Amba	7:30-8:25 TOTAL BARRE Zeina	8:30-9:15 <small>PILATES REF INTRO - Pre-booking Only</small> Slavica	7:30-8:45 YOGA FOR ALL Karina				