

# SCHEDULE

June 1 - 30, 2017

|                  |             |      |          |         |     |       |
|------------------|-------------|------|----------|---------|-----|-------|
| PILATES REFORMER | PILATES MAT | YOGA | PRENATAL | FITNESS | NEW | MIXES |
|------------------|-------------|------|----------|---------|-----|-------|

## 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<br><small>PILATES REFORMER BEGINNER</small><br>Maryliz     | 9:00-9:55<br>BODYTONE<br>Slavica         | 8:30-9:15<br>BODY ART<br>Milka                                    | 8:30-9:25<br>BALLET BARRE<br>Heba   | 8:30-9:25<br><small>PILATES REFORMER BEGINNER</small><br>Heba                 | 8:30-9:25<br><small>PILATES MAT ALL LEVELS</small><br>Slavica | 8:30-9:25<br><small>PILATES REFORMER BEGINNER</small><br>Maryliz | 8:30-9:25<br><small>PILATES MAT ALL LEVELS</small><br>Lucy |  | 8:30-9:15<br>BODY ART<br>Milka       |   | 8:30-9:25<br>YOGA STRETCH<br>Dina                               | 9:00-9:55<br><small>PILATES REFORMER BEGINNER</small><br>Hened       |  |
| 10:00-10:55<br><small>PILATES REFORMER ALL LEVELS</small><br>Slavica | 10:00-11:15<br>VINYASA FLOW YOGA<br>Dina | 9:30-10:25<br><small>PILATES REFORMER BEGINNER</small><br>Heba    | 9:30-10:45<br>VINYASA YOGA<br>Tracy | 9:30-10:25<br><small>PILATES REFORMER INTERMEDIATE</small><br>Heba            | 9:30-10:45<br>YOGA FOR ALL<br>Alexandra                       | 9:30-10:25<br><small>PILATES REFORMER BEGINNER</small><br>Hened  | 9:30-10:45<br>HATHA YOGA<br>Enji                           | 9:00-9:55<br><small>PILATES REFORMER ALL LEVELS</small><br>Hened | 9:30-10:45<br>YOGA FOR ALL<br>Karina | 9:00-9:55<br><small>PILATES REFORMER ALL LEVELS</small><br>Katy | 9:30-10:25<br>BOOTY BARRE<br>Ha                                 | 10:00-10:55<br><small>PILATES REFORMER INTERMEDIATE</small><br>Hened | 10:00-11:15<br>HATHA FLOW YOGA<br>Karina |
|  | 11:15-12:15<br>PRENATAL YOGA<br>Dina     | 10:30-11:25<br><small>PILATES REFORMER ALL LEVELS</small><br>Lucy | 10:50-11:45<br>NEUROPILATES<br>Heba | 10:30-11:15<br><small>PILATES REF INTRO - Pre-booking Only</small><br>Slavica |   |  | 11:00-12:00<br>PRENATAL YOGA<br>Jo                         |  |                                      |   | 10:30-11:25<br><small>LEGS, BUMS, AND TUMS</small><br>Slavica   |  |  |
|  |  |   |                                     |   |   |  |  |  |                                      |   | 10:30 - 11:25<br><small>LEGS, BUMS, AND TUMS</small><br>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<br><small>LEGS, BUMS, AND TUMS</small><br>Slavica |   | 6:30 - 7:15<br>HIIT               |   | 5:30 - 6:15<br>BODY ART<br>Milka  | 7:30 - 8:25<br><small>PILATES REFORMER ALL LEVELS</small><br>Slavica        | 6:30-7:15<br>HIIT<br>Susanna        |          |          |          |          |
|          |          | 7:30-8:25<br><small>PILATES REFORMER BEGINNER</small><br>Yousra | 7:30-8:25<br>MATS AND PROPS<br>Slavica                        | 7:30-8:25<br><small>PILATES REFORMER ALL LEVELS</small><br>Amba | 7:30-8:30<br>POWER YOGA<br>Karina | 7:30-8:30<br><small>PILATES REFORMER BEGINNER</small><br>Amba | 7:30-8:25<br>TOTAL BARRE<br>Zeina | 8:30-9:15<br><small>PILATES REF INTRO - Pre-booking Only</small><br>Slavica | 7:30-8:45<br>YOGA FOR ALL<br>Karina |          |          |          |          |