

GROUP CLASSES

NOV 09 - NOV 15

SUN

09 NOV

- 08:00 AM REFORMER PILATES | Elena
FUNCTIONAL FIT | Artem
HATHA YOGA | Asha
- 09:00 AM REFORMER PILATES | Elena
- 10:00 AM REFORMER PILATES | Elena Ladies Only
GENTLE FLOW YOGA | Asha
- 12: 00 PM REFORMER PILATES | Elena
MAT PILATES | Gabriela
- 04:00 PM REFORMER PILATES | Beckett | Ladies Only
HATHA YOGA | Tammy
TRX & ABS | Chris
- 05:00 PM FUNCTIONAL FIT | Chris
BARRE | Sara | Ladies Only
- 05:15 PM REFORMER PILATES STRETCH | Beckett
- 06:00 PM RHYTHM & RIDE | Ella
BOXING | Vasi
STRETCH & RESTORE | Sara
- 06:15 PM REFORMER PILATES ADVANCED | Beckett
- 07:00 PM MINDFUL MEDITATION | Tammy
- 07:15 PM REFORMER PILATES | Beckett

TUES

11 NOV

- 06:00 AM GENTLE FLOW | Gabriela
- 08: 00 AM REFORMER PILATES | Elena
- 09:00 AM REFORMER PILATES | Elena
SCULPT & TONE YOGA | Tammy
- 10:00 AM FUNCTIONAL STRENGTH | Haya
REFORMER PILATES ADVANCED | Elena
- 11:00 AM VINYASA FLOW | Tammy
SPINNING 30 MIN | Antonia | Ladies Only
- 12:00 PM PRENATAL YOGA | Tammy
- 01:00 PM LAGREE | Elena
- 04:00 PM HATHA YOGA | Gabriela | Ladies Only
HIIT & CORE | Antonia
REFORMER PILATES | Beckett
- 05:00 PM FUNCTIONAL FIT | Clint
- 05:15 PM REFORMER PILATES | Beckett | Ladies Only
- 06:00 PM RHYTHM & RIDE | Ella
BOXING | Vasi
ASHTANGA YOGA | Jagriti
- 06:15 PM REFORMER PILATES | Beckett
- 07:00 PM GENTLE FLOW | Jagriti

MON

10 NOV

- 06:00 AM FUNCTIONAL STRENGTH | Jonathan
- 09:00 AM REFORMER PILATES | Beckett
HATHA YOGA | Gabriela | Ladies Only
BODY PUMP | Antonia
- 10:00 AM REFORMER PILATES | Beckett | Ladies Only
STRETCH & RESTORE | Gabriela
- 12:00 PM POWER YOGA | Asha
REFORMER PILATES | Beckett
- 03:00 PM MAT PILATES | Gabriela
- 04: 00 PM LAGREE | Elena
- 05:00 PM FUNCTIONAL STRENGTH | Haya
BELLY DANCING | Sherehan | Ladies Only
SPINNING | Antonia
HATHA YOGA | Tammy
- 06:00 PM BODY PUMP | Antonia
YIN YOGA | Tammy
- 06:15 PM REFORMER PILATES | Elena | Ladies Only
- 07:00 PM CORE/ABS | Antonia
BOXING SPARRING | Vasi
- 07:15 PM REFORMER PILATES ADVANCED | Elena

WED

12 NOV

- 06:00 AM FUNCTIONAL STRENGTH | Jonathen
- 08:00 AM FUNCTIONAL FIT | Artem
- 07:00 AM VINYASA FLOW | Tammy
- 09:00 AM HATHA YOGA | Tammy | Ladies Only
REFORMER PILATES | Beckett
- 10:00 AM STRETCH & RESTORE YOGA | Tammy
- 10:30 AM CORE/ABS | Antonia
- 11:00 AM BODY TONING | Antonia | Ladies Only
REFORMER PILATES ADVANCED | Beckett
- 12:00 PM MAT PILATES | Gabriela
- 05:00 PM FUNCTIONAL STRENGTH | Haya
BARRE | Sara
- 05:15 PM REFORMER PILATES | Elena
- 06:00 PM STRETCH & RESTORE | Asha
- 06:15 PM REFORMER PILATES | Elena | Ladies Only
- 07:00 PM YOGA NIDRA | Asha
HYROX | Eden
BOXING | Vasi
- 07:15 PM REFORMER PILATES | Elena



GROUP CLASSES

NOV 09 - NOV 15

THURS

13 NOV

- 06:30 AM RIDE TO THE BEAT | Antoniya
- 08:00 AM HATHA YOGA | Asha
REFORMER PILATES | Elena
- 09:00 AM REFORMER PILATES | Elena
- 10:00 AM FUNCTIONAL STRENGTH | Haya
REFORMER PILATES | Elena | Ladies Only
- 11:00 AM BOXING | Vasi | Lady Only
- 04:00 PM REFORMER PILATES | Beckett | Ladies Only
- 05:00 PM BODY PUMP | Antoniya
BOXING SPARRING | Vasi
- 05:15 PM REFORMER PILATES | Beckett
- 06:00 PM SPINNING | Antoniya
- 06:15 PM REFORMER PILATES | Beckett

SAT

15 NOV

- 09:00 AM REFORMER PILATES | Elena
VINYASA FLOW | Asha
- 10:00 AM HYROX TRAINING | Eden
- 11:00 AM BODY PUMP | Nourah
BARRE | Sara
- 12:00 PM REFORMER PILATES | Elena
- 1:00 PM POWER YOGA | Asha
REFORMER PILATES | Elena
- 02:00 PM LAGREE | Elena
- 05:00 PM SPINNING | Antoniya
BELLY DANCING | Sherehan | Ladies Only
BOXING ADULTS | Vasi
- 06:30 PM STRECH & RESTORE | Asha
- 07:00 PM REFORMER PILATES | Mary Ann | Ladies Only

FRI

14 NOV

- 10:00 AM REFORMER PILATES | Beckett
- 10:30 AM ASHTANGA YOGA | Jagriti
- 11:00 AM REFORMER PILATES | Beckett
- 12:00 PM FUNCTIONAL FIT | Clint
FLEXIBILITY YOGA | Jagriti
- 01:00 PM YIN YOGA | Asha
- 03:00 PM MINDFULNESS MEDITATION | Asha
- 04:00 PM REFORMER PILATES STRETCH | Beckett

