

Monday

09:00 - 10:00 Pilates Equipment
10:00 - 11:00 Pilates Mat
17:00 - 18:00 Pilates Equipment
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Pilates Mat
21:00 - 22:00 Vinyasa Yoga

Tuesday

09:00 - 10:00 Pilates Equipment
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 TRX
20:00 - 21:00 Pilates Equipment
21:00 - 22:00 Aerial Yoga

Wednesday

17:00 - 18:00 Pilates Mat
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Vinyasa Yoga
21:00 - 22:00 Pilates Equipment

Thursday

09:00 - 10:00 Pilates Equipment
18:00 - 19:00 TRX
19:00 - 20:00 Pilates Mat
20:00 - 21:00 Pilates Equipment

Friday

09:00 - 10:00 Hatha Yoga
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Vinyasa Yoga