

Monday

09:00 - 10:00 Pilates Equipment
10:00 - 11:00 Pilates Equipment
11:00 - 12:00 Pilates Mat
18:00 - 19:00 Aerial Yoga
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Pilates Equipment
21:00 - 22:00 Pilates Equipment

Tuesday

09:30 - 10:30 Pilates Equipment
10:30 - 11:30 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

Wednesday

09:00 - 10:00 Aerial Yoga
10:00 - 11:00 Pilates Equipment
11:00 - 12:00 Pilates Equipment
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Pilates Equipment
21:00 - 22:00 Aerial Yoga

Thursday

09:30 - 10:30 Pilates Equipment
10:30 - 11:30 Pilates Equipment
18:00 - 19:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Pilates Equipment
21:00 - 22:00 TRX & Functional

Friday

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

Saturday

11:00 - 12:00 Aerial Yoga
12:00 - 13:00 Pilates Equipment