

Monday

09:00 - 10:00 Pilates Mat
10:00 - 11:00 TRX & Functional
11:00 - 12:00 Hatha Yoga
18:00 - 19:00 Pilates Mat
19:00 - 20:00 ABS & Hips

Tuesday

10:30 - 11:30 Pilates Mat
19:00 - 20:00 Pilates Mat
21:00 - 22:00 TRX & Functional

Wednesday

11:00 - 12:00 Pilates Mat
18:00 - 19:00 Pilates Mat
20:00 - 21:00 Vinyasa Yoga

Thursday

10:30 - 11:30 Pilates Mat
19:00 - 20:00 Pilates Mat
20:00 - 21:00 TRX & Functional
21:00 - 22:00 Total Body Shape

Friday

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

Saturday

11:00 - 12:00 Pilates Mat

Monday

10:00 - 11:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment
20:00 - 21:00 Pilates Equipment

Tuesday

09:30 - 10:30 Pilates Equipment
18:00 - 19:00 Pilates Equipment
20:00 - 21:00 Aerial Pilates

Wednesday

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

Friday

10:00 - 11:00 Pilates Equipment
11:00 - 12:00 Pilates Equipment
19:00 - 20:00 Pilates Equipment

Saturday

10:00 - 11:00 Pilates Equipment