

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:00-09:00		Pilates Equipment*				
09:00 - 10:00	Pilates Equipment	Pilates Equipment*	Pilates Equipment*	Pilates Equipment*	Pilates Equipment*	
10:00 - 11:00	Pilates Equipment	Pilates Equipment*		Pilates Mat*		Pilates Equipment*
16:00 - 17:00					Kids Aerial Yoga*	
17:00 - 18:00		Pilates Equipment		Pilates Equipment		
18:00 - 19:00	Pilates Equipment*	Pilates Equipment	Pilates Equipment*	TRX & Functional	Classical Ballet Barre à Terre*	
19:00 - 20:00	Pilates Equipment*	TRX & Functional	Pilates Mat*	Vinyasa Yoga*	Pilates Equipment*	
20:00 - 21:00	Cardio Pilates Fusion*	Vinyasa Yoga*	Pilates Equipment*	Pilates Equipment*	Pilates Equipment*	
21:00 - 22:00	Prenatal Pilates*	Aerial Yoga*	Pilates Equipment*	Pilates Equipment*	Aerial Yoga*	

*English speaking

Discover the new You!

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pilates + yoga