

MONDAY		TUESDAY		WEDNESDAY	
07:15 - 07:45	LOW IMPACT HIIT	08:15 - 08:45	GENTLE VINYASA	07:15 - 08:00	FULLBODY WORKOUT
09:30 - 10:30	HATHA YOGA	09:30 - 10:00	BARRE TONE	09:30 - 10:30	VINYASA YOGA
12:00 - 13:00	CHAIR YOGA	17:00 - 18:00	RELAXING HATHA	12:00 - 13:00	CHAIR YOGA
17:30 - 18:00	METAFIT / HIIT	18:10 - 18:50	FULLBODY WORKOUT	12:15 - 12:45	CORE STRENGTH
18:00 - 19:00	VINYASA YOGA	19:00 - 20:00	STRENGTH THROUGH	17:30 - 18:00	METAFIT / HIIT
18:10 - 18:50	KONGA		YOGA	18:10 - 18:50	BODYTONE
19:00 - 20:00	PILATES			18:30 - 19:30	POWER YOGA
				20:00 - 21:00	YIN YOGA
THURSDAY		FRIDAY		SATURDAY	
08:15 - 08:45	GENTLE VINYASA	07:30 - 08:00	LOW IMPACT HIIT	09:00 - 09:45	STRENGTH TABATA
09:30 - 10:00	HOME BOOTCAMP	09:30 - 10:15	PILATES	10:00 - 11:00	INT. VINYASA YOGA
17:00 - 18:00	PILATES & YOGA MIX	17:30 - 18:00	METAFIT / HIIT		
18:10 - 18:50	LEGS, BUMS & TUMS	18:10 - 18:50	FULL BODY WORKOUT		
19:00 - 20:00	AWAKENING YOGA	19:00 - 20:00	GENTLE YOGA		
20:00 - 21:00	RESTORATIVE YOGA FOR SLEEP			SUNDAY	
				09:30 - 10:30	ENERGISING VINYASA
				18:00 - 18:45	COMMUNITY YOGA
				19:00 - 20:00	YIN YOGA