

MONDAY	TUESDAY	WEDNESDAY
<p>07:15 - 08:00 STRENGTH & CORE</p> <p>08:15 - 08:45 BODYWEIGHT</p> <p>09:30 - 10:30 HATHA YOGA</p> <p>12:15 - 13:00 CARDIO HIIT</p> <p>16:45 - 17:45 VINYASA YOGA</p> <p>18:10 - 18:55 KONGA</p> <p>19.00 - 20.00 PILATES</p>	<p>07:15 - 08:00 CARDIO TABATA</p> <p>08:15 - 08:45 GENTLE VINYASA</p> <p>09:30 - 10:30 BARRE FITNESS</p> <p>12:15 - 13:00 CORE</p> <p>16:45 - 17:45 ASHTANGA</p> <p>18:10 - 18:55 BODYWEIGHT TABATA</p> <p>19.00 - 20.00 VINYASA YOGA</p>	<p>07:15 - 08:00 LOW IMPACT CARDIO</p> <p>08:15 - 08:45 PILATES BLAST</p> <p>09:30 - 10:30 VINYASA YOGA</p> <p>12:00 - 13:00 CHAIR YOGA</p> <p>16:45 - 17:45 LOW IMPACT HIIT</p> <p>17:30 - 18:15 BODYTONE</p> <p>18:10 - 18:55 BOOTCAMP</p> <p>19.00 - 20.00 PIYO</p>
THURSDAY	FRIDAY	SATURDAY
<p>07:15 - 08:00 BOOTCAMP</p> <p>08:15 - 08:45 GENTLE VINYASA</p> <p>08:15 - 08:45 RESISTANCE BANDS</p> <p>09:30 - 10:30 ASHTANGA YOGA</p> <p>12:15 - 13:00 CARDIO TABATA</p> <p>16:45 - 17:45 INT. VINYASA YOGA</p> <p>18:10 - 18:55 LEGS, BUMS & TUMS</p> <p>19.00 - 20.00 ASHTANGA YOGA</p>	<p>07:15 - 08:00 CARDIO TABATA</p> <p>08:15 - 08:45 BODY STRENGTH</p> <p>09:30 - 10:30 PILATES</p> <p>12:15 - 13:00 CORE HIIT</p> <p>16:45 - 17:45 BODYWEIGHT</p> <p>18:10 - 18:55 CARDIO HIIT</p> <p>19.00 - 20.00 KONGA</p>	<p>09:00 - 10:00 CARDIO TABATA</p> <p>09:30 - 10:30 INT. VINYASA YOGA</p> <p>10:00 - 10:30 LOW IMPACT HIIT</p>
		SUNDAY
		<p>19:00 - 20:00 YIN YOGA</p>

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