

CLASSES TIME TABEL

Day Time	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th	Saturday 16 th	Sunday 17 th
08:00							
09:00		^M Magic Circle		^R Rising Spine (Tower)	^M Flex Flow	^M Core off the floor	
10:00			^R Hippy Hips (lower body)				^R Cardio Chair
10:15						^R Abs attack (care - body focused)	
11:00		Prenatal				Prenatal	
11:15							^M Blast Booty (Barre / Lower Body)
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	Lunch Reformer	^R Full body work out	Lunch Reformer		Lunch Reformer		
17:30			Prenatal				
18:00					^R Lovely powerhouse		
18:30	^R Circuit (Chair + Reformer)		^R Office aid (office syndrome /stretching)	^M Mini ball			
19:00		^M Pilates with props					

Remark :

Sessions may be cancelled online, or by calling at least 24 hours in advance.

Please cancel on time to avoid paying for late cancellation.