

CLASSES TIME TABEL

Day Time	Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd	Saturday 23 rd	Sunday 24 th
08:00							
09:00		M Wonderous Wings (Upper body)		R Boomerang (Jump Board)	M Flex Flow	M Pilates with props	
10:00			R 0 - Wings (arms and back)				R Hippy Hips (lower body)
10:15						R Circuit (Chair + Reformer)	
11:00		Prenatal				Prenatal	
11:15							M Cores quake (Fit Ball)
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	Lunch Reformer	R Lovely powerhouse	Lunch Reformer		Lunch Reformer		
17:30			Prenatal				
18:00					R Full body work out		
18:30	R Booty Lover (Lower - body focused)		R Angle Arms (Upper - body focused)	M Mini ball			
19:00		M Core off the floor					

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.