

# June - July 2018

## CLASSES TIME TABEL

Day Time	Monday 25 <sup>th</sup>	Tuesday 26 <sup>th</sup>	Wednesday 27 <sup>th</sup>	Thursday 28 <sup>st</sup>	Friday 29 <sup>nd</sup>	Saturday 30 <sup>rd</sup>	Sunday 1 <sup>st</sup>
08:00							
09:00		<b>M</b> Mini ball		<b>R</b> Cardio Chair	<b>M</b> Flex Flow	<b>M</b> Core off the floor	
10:00			<b>R</b> Rising Spine ( Tower )				<b>R</b> 0 - Wings ( arms and back )
10:15						<b>R</b> Booty Lover (Lower - body focused)	
11:00		<b>Prenatal</b>				<b>Prenatal</b>	
11:15							<b>M</b> Mini ball
12:15	<b>Lunch Mat</b>	<b>Lunch Mat</b>	<b>Lunch Mat</b>	<b>Lunch Mat</b>	<b>Lunch Mat</b>		
	<b>Lunch Reformer</b>	<b>R</b> Full body work out	<b>Lunch Reformer</b>		<b>Lunch Reformer</b>		
17:30			<b>Prenatal</b>				
18:00					<b>R</b> Lovely powerhouse		
18:30	<b>R</b> Office aid ( office syndrome / stretching )		<b>R</b> Abs attack ( care - body focused )	<b>M</b> Blast Booty (Barre / Lower Body)			
19:00		<b>M</b> 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.