

CLASSES TIME TABEL

Day Time	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th	Saturday 9 th	Sunday 10 th
08:00							
09:00		M Mini ball		R 0 - Wings (arms and back)	M Flex Flow	M Pilates with props	
10:00			R Cardio Chair				R Boomerang (Jump Board)
10:15						R Angle Arms (Upper - body focused)	
11:00		Prenatal				Prenatal	
11:15							M Dance Pilates (Pilates flow)
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 Abs attack (care - body focused)		R Booty Lover (Lower - body focused)	M Blast Booty (Barre / Lower Body)			
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.