

CLASSES TIME TABEL

Day Time	Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 31 st	Friday 1 st	Saturday 2 nd	Sunday 3 rd
08:00							
09:00		M Wonderous Wings (Upper body)		R Hippy Hips (lower body)	M Flex Flow	M Core off the floor	
10:00			R Boomerang (Jump Board)				R Rising Spine (Tower)
10:15						R Office aid (office syndrome/ stretching)	
11:00		Prenatal				Prenatal	
11:15							M Mini ball
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	Lunch Reformer	R Full body workout	Lunch Reformer		Lunch Reformer		
17:30			Prenatal				
18:00					R Lovely powerhouse		
18:30	R Angle Arms (Upper - body focused)		R Circuit (Chair + Reformer)	M Cores quake (Fit 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.