









CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 - 11AM			YOGA 				
11.15AM - 12.15PM			YOGA 				
2 - 3PM	YOGA 						
6 - 7PM		CONDITIONING  	STRENGTH & TONE  	AQUA AEROBICS 			

 MODERATE

  INTERMEDIATE

MORE CLASSES COMING SOON...