










CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	PILATES 11AM - 12PM 	YOGA 10AM - 11AM 	
	STRENGTH & TONE 4:15PM - 5PM 	YOGA 11.15AM - 12.15PM 	
YOGA 2PM - 3PM 	CONDITIONING 5PM - 6PM 		
	FLOW 18.30PM - 19.30PM 	STRENGTH & TONE 6PM - 7PM 	AQUA AEROBICS 6PM - 7PM 

 MODERATE  INTERMEDIATE