













# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<div>YOGA</div> <div>10AM - 11AM</div> <div></div>	<div>PILATES</div> <div>9AM - 10AM</div> <div></div>
	<div>PILATES</div> <div>12PM - 1PM</div> <div></div>	<div>YOGA</div> <div>11.15AM - 12.15PM</div> <div></div>	
<div>YOGA</div> <div>2PM - 3PM</div> <div></div>	<div>STRENGTH &amp; TONE</div> <div>4:15PM - 5PM</div> <div></div>		
	<div>CONDITIONING</div> <div>5.15PM - 6PM</div> <div></div>	<div>STRENGTH &amp; TONE</div> <div>6PM - 7PM</div> <div></div>	<div>AQUA AEROBICS</div> <div>6.15PM - 7PM</div> <div></div>



MODERATE



INTERMEDIATE