

CLASSES TIME TABEL

| Day Time | Monday 16 th | Tuesday 17 th | Wednesday 18 th | Thursday 19 th | Friday 20 th | Saturday 21 st | Sunday 22 nd |
|-------------|---|---------------------------------|--|---|--------------------------------|---|--|
| 08:00 | | | | | | | |
| 09:00 | | ^M Magic Circle | | ^R 0 - Wings (arms and back) | ^M Flex Flow | ^M Core off the floor | |
| 10:00 | | | ^R Cardio Chair | | | | ^R Boomerang (Jump Board) |
| 10:15 | | | | | | ^R Office aid (office syndrome / stretching) Prenatal | |
| 11:00 | | Prenatal | | | | | |
| 11:15 | | | | | | | ^M Cores quake (Fit Ball) |
| 12:15 | Lunch Mat | Lunch Mat | Lunch Mat | Lunch Mat | Lunch Mat | | |
| | Lunch Reformer | ^R Full body work out | 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 Mini 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.