

Day Time	Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th	Saturday 14 th	Sunday 15 th
08:00						Orit's Workshops *-----* Please note that we will not have our regular Pilates classes on that day *-----*	
09:00		M Mini ball		R 0 - Wings (arms and back)	M Flex Flow		
10:00			R Cardio Chair				R Rising Spine (Tower) Only this week Prenatal
11:00		Prenatal					
11:15							M Blast Booty (Barre / Lower Body)
12:15	Lunch Mat Lunch Reformer	Lunch Mat R Lovely powerhouse	Lunch Mat Lunch Reformer	Lunch Mat	Lunch Mat Lunch Reformer		
17:30			Prenatal				
18:00					R Full body work out		
18:30	R Abs attack (care - body focused)		R Booty Lover (Lower - body focused)	M Cores quake (Fit Ball)			
19:00		M Core off the floor					

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.