

SUMMER SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	7:30AM CARDIO PILATES (LADIES) ANYA (STARTING 25TH JULY)		6:00AM ENERGISING MORNING FLOW YOGA CHARLENE (STARTING 6TH JULY)				
8:00AM			8:45AM BTB BOUNCE (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)				
9:00AM		OPEN LEVEL REFORMER (LADIES) ANYA (SHRUTI SUBBING BETWEEN 11TH - 25TH JULY)		BTB CONTROL (LADIES) ANYA (STARTING 28TH JULY)	PILATES TOWER (LADIES) ANYA (NO CLASS BETWEEN 11TH -25TH JULY)		PURE REFORMER I/II MARIE
	9:30AM PILATES REFORMER SCULPT (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)	POWER FLOW REFORMER II/III (LADIES) FE		9:30AM POWER FLOW REFORMER II/III (LADIES) FE			
10:00AM		10:15AM BODYTREE BODY (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)			10:15AM BTB BARRE (LADIES) ANYA (NO CLASS BETWEEN 11TH -25TH JULY)		
			10:30AM PURE REFORMER I/II (LADIES) ANYA (SHRUTI SUBBING BETWEEN 11TH - 25TH JULY)	10:30AM OPEN LEVEL REFORMER (LADIES) ANYA (SHRUTI SUBBING BETWEEN 11TH - 25TH JULY)	10:30AM PURE REFORMER I/II (LADIES) FE		10:15AM PURE REFORMER I/II MARIE
					10:45AM PRENATAL YOGA (LADIES) SELENA		
11:00AM	PRENATAL REFORMER (LADIES) FE					POWER FLOW MICHELLE	11:30AM POWER FLOW REFORMER II/III FE
5:00PM		OPEN LEVEL REFORMER (LADIES) ANYA (SUBSTITUTE BETWEEN 11TH - 25TH JULY)	OPEN LEVEL REFORMER (LADIES) ANYA (SUBSTITUTE BETWEEN 11TH - 25TH JULY)	OPEN LEVEL REFORMER (LADIES) ANYA (SUBSTITUTE BETWEEN 11TH - 25TH JULY)			
					5:45PM FLEXIBILITY FLOW (LADIES) SHAHAD		
6:00PM	OPEN LEVEL REFORMER (LADIES) FE	6:15PM BEGINNER YOGA SHAHAD			YOGA SUBSTITUTE		
	PURE REFORMER I/II SUBSTITUTE	6:15PM BODYTREE BODY (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)	6:15PM BTB BARRE (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)	PILATES MAT FLOW SHRUTI			
	HATHA YOGA HAMAD		6:15PM ASHTANGA 1-5 COMBINED MICHELLE IN STUDIO & ONLINE				
	6:30PM BTB BOUNCE (LADIES) ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)						
7:00PM		PURE REFORMER I/II FE	PILATES JUMP FIT ANYA (NO CLASS BETWEEN 11TH - 25TH JULY)	7:15PM POWER FLOW REFORMER II/III FE			
	7:15PM POWER FLOW REFORMER II/III FE			7:30PM INTERMEDIATE HATHA SHAHAD			
	7:30PM SOUND HEALING VIDYA	7:30PM POWER VINAYASA MICHELLE IN STUDIO & ONLINE	7:45PM HATHA FLOW SELENA	7:30PM SOUND HEALING (LADIES) VIDYA			
8:00PM	VINAYASA FLOW SUBSTITUTE						



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WELLNESS



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