

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 Vinyasa yoga	6:00-7:00 Sunrise yoga	6:00-6:45 TRX Circuit	6:00-7:00 Sunrise yoga	6:00-6:45 TRX Full Body	8:00-8:45 TRX Full Body	8:00-8:45 TRX Full Body
9:00-10:00 Hatha	9:00-10:00 Vinyasa	9:00-9:45 TRX Tabata	9:00-10:00 Hatha	9:00-10:00 Hatha	9:15-10:15 Strength and Flow	9:15-10:30 Yin yoga
10:15-11:15 Gentle Hatha	10:15- 11:15 Hatha/Yin	10:15 -11:15 Hatha yoga	10:30-11:30 Pilates	10:30-11:30 Yin yoga	10:30-11:30 Hatha yoga	
12:00-12:45 TRX Circuit	12:00-12:45 TRX Circuit		12:00-12:45 TRX Circuit	12 -12:45 Pilates		
<i>Rehabilitative &amp; Private Sessions</i>						
	<i>Private Sports Teams Bookings</i>					
5:00-5:45 TRX Circuit or Cardio Kickboxing	5:00-5:45 Cardio Kickboxing	5:00-5:45 Pilates	5:00-5-45 pm TRX Circuit	5:00-5:45 Latin Dance	CHECK OUT SATURDAY/ SUNDAYS SPECIAL EVENTS!	
	6:15-7:15 Hatha Yoga	6:15-7:15 pm Yin yoga	6:15-7:15 Hatha yoga	Special events		6:30-7:30 Hatha yoga
7:30 - 8:30 pm Yin yoga		8:00 - 9:00 Vinyasa yoga				
	7:30 - 8:30 Restorative yoga		7:30 - 8:30 Restorative yoga			