

Jan - June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:00-7:00 Sunrise yoga		6:00-7:00 Sunrise yoga		8:00-8:45 TRX Full Body	8:00-8:45 TRX Full Body	
9:00-10:00 Hatha	9:00-10:00 Hatha	9:00-10:00 TRX Tabata	9:00-10:00 Vinyasa	9:00-10:00 Hatha	9:15-10:15 Strength and Flow	9:15-10:30 Yin yoga	
10:15-11:15 Gentle Hatha	10:15:00 AM Hatha/Yin	10:15 -11:15 Hatha	10:15-11:15 Pilates	10:30-11:30 Yin yoga	10:30-11:45 Hatha yoga		
12:00-12:45 TRX Circuit	12:00-12:45 TRX Full Body	12:00-1:00 Pre-Post Natal	12:00-12:45 TRX Full Body	12 -12:45 Pilates			
<i>Rehabilitative & Private Sessions</i>	<i>Private Sports Teams Bookings</i>				CHECK OUT SATURDAY/ SUNDAYS SPECIAL EVENTS!		
5:00-5:45 TRX Circuit or Cardio Kickboxing	5:00-5:45 TRX Circuit or Cardio Kickboxing	5:00-5:45 TRX Yoga Fusion	5:00-5:45 pm TRX Tabata	5:00-6:00 TRX Hiit		5:00- 6:00 Yoga by donation	
		6:15-7:15 pm Yin yoga					
	6:15-7:00 Pilates		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 pm Vinyasa yoga					
	7:30 - 8:30 pm Restorative yoga		7:30 - 8:30 pm Restorative yoga				