

SCHEDULE

August 1 - 31, 2017

PILATES REFORMER	PILATES MAT	YOGA	PRENATAL	FITNESS	NEW	MIXES
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AM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	9:00 - 9:45 HIIT Susanna		8:30 - 9:30 BALLET BARRE Heba		8:30 - 9:25 LATINO CARDIO Liris		8:30 - 9:25 PILATES MAT ALL LEVELS Zeina		8:30 - 9:30 BODYART Milka		8:30-9:20 YOGA STRETCH Enji	9:00 - 9:55 PILATES REFORMER BEGINN. Hened	
10:00 - 10:55 PILATES REFORMER ALL LEVELS Heba	10:00 - 11:00 VINYASA FLOW YOGA Alexandra	9:30 - 10:25 PILATES REFORMER BEGINN. Heba	9:30 - 10:45 YOGA FOR ALL Enji	9:30 - 10:25 PILATES REFORMER ALL LEVELS Heba	9:30 - 10:45 YOGA FOR ALL Alexandra	9:30 - 10:25 PILATES REFORMER BEGINN. Hened	9:30 - 10:45 HATHA YOGA Alpa	9:30 - 10:25 PILATES REFORMER ALL LEVELS Hened	9:30 - 10:45 YOGA FOR ALL Karina	9:30 - 10:25 PILATES REFORMER BEGINN. Maryliz	9:30 - 10:25 TOTAL BARRE Milka	10:00 - 10:55 PILATES REFORMER INTERMEDIATE Hened	10:00 - 11:15 HATHA FLOW YOGA Alpa
			10:50-11:45 NEUROPILATES Heba	10:30 - 11:15 PILATES REFORMER BEGINN. Heba			11:00-12:00 PRENATAL YOGA Alpa				10:30-11:25 LEGS, BUMS, AND TUMS Milka		

PM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
			12:30 - 13:30 PRENATAL YOGA Alpa		6:30 - 7:15 HIIT	6:30 - 7:25 PILATES REFORMER BEGINN. Maryliz	6:30 - 7:25 LATINO CARDIO Liris	5:45 - 6:30 PILATES REFORMER BEGINN. (PILATES ONLY) Zeina					
		6:30 - 7:25 PILATES REFORMER BEGINN. Maryliz	6:00 - 6:55 SLIMDOWN Liris	7:30 - 8:25 PILATES REFORMER ALL LEVELS	7:30 - 8:30 POWER YOGA Karina				6:30 - 7:15 PILATES MAT ALL LEVELS Zeina				
								7:30 - 8:25 PILATES REFORMER ALL LEVELS	7:30 - 8:45 YOGA FOR ALL Karina				