

STUDIO FITNESS EVENTS

THE NICI
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Morning	Morning	Morning	Morning	Morning	Morning
PILATES 09.30- 10.30	PILATES 9:30 – 10:30	PILATES 09.00-10.00 AQUA FIT 10.30-11.30	YOGA 10.00-11.00	YOGA 10.00 – 11:00 AQUA FIT 11.30-12.30	SPINNING 08:15- 09:00	VINYASA YOGA 10.00-11.00
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
HATHA FLOW YOGA 13.15-14.15	BALLET TONE 12.00-12.45	HATHA FLOW YOGA 13.15-14.15	SCULPT 12.00-12.45			
Evening	Evening	Evening	Evening	Evening	Evening	Evening
	SPINNING 18:30-19:15	VINYASA YOGA 18:30-19:30	SOUND BATH 17.00-18.00	SOUND BATH 17.00-18.00		