

STUDIO FITNESS EVENTS



MAY 2024

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		BARRE 12.00-12:45 HATHA FLOW YOGA 13.15-14.15	BARRE 11.00-11:45			
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		