

WELLNESS STUDIO CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-08:45	STRETCHING		STRETCHING		STRETCHING		STRETCHING
09:00-09:45	FUNCTIONAL TRAINING	GLUTE SCULPT	FUNCTIONAL TRAINING	GLUTE SCULPT	FUNCTIONAL TRAINING	BODY WELLNESS	
11:00-11:45	PILATES	BALANCE BODY	PILATES	BALANCE BODY	PILATES	POWER PUMP	POWER PUMP
12:00-12:45	STEP MIX		STEP MIX		STEP MIX		
13:00-13:45		PILATES		PILATES		CIRCUIT TRAINING	CIRCUIT TRAINING
14:00-14:45		STEP AEROBICS		STEP AEROBICS			
17:00-17:45						FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
18:00-18:45	STEP AEROBICS	BODY WELLNESS	STEP AEROBICS	BODY WELLNESS	STEP AEROBICS		
19:00-19:45	PILATES	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	PILATES		
20:00-20:45	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	PILATES	FUNCTIONAL TRAINING	MUSCLE TONING + STRETCHING	MUSCLE TONING + STRETCHING
21:00-21:45	MUSCLE TONING + STRETCHING	POWER PUMP	MUSCLE TONING + STRETCHING	POWER PUMP	MUSCLE TONING + STRETCHING		

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