

WELLNESS STUDIO

DAILY SCHEDULE

MONDAY, WEDNESDAY, FRIDAY

08:00-8:45 /// STRETCHING
9:00-9:45 /// FUNCTIONAL TRAINING
11:00-11:45 /// PILATES
12:00-12:45 /// STEP MIX
14:00-14:45 /// POWER PUMP
18:00-18:45 /// STEP AEROBICS
19:00-19:45 /// PILATES
20:00-20:45 /// FUNCTIONAL TRAINING
21:00-21:45 /// MUSCLE TONING
+ STRETCHING

TUESDAY, THURSDAY, SATURDAY

9:00-9:45 /// BODY WELLNESS
11:00-11:45 /// BALANCE BODY
13:00-13:45 /// PILATES
14:00-14:45 /// STEP AEROBICS
18:00-18:45 /// BODY WELLNESS
19:00-19:45 /// FUNCTIONAL TRAINING
20:00-20:45 /// PILATES
21:00-21:45 /// POWER PUMP

SUNDAY

08:00-8:45 /// STRETCHING
11:00-11:45 /// POWER PUMP
13:00-13:45 /// CIRCUIT TRAINING
17:00-17:45 /// FUNCTIONAL TRAINING
20:00-20:45 /// MUSCLE TONING
+ STRETCHING