

Daily Group Class Schedule

Class Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.15-09.15 a.m.	TRX	Aerial Yoga	Gentle Yoga	Gentle Yoga	Aerial Yoga	Gentle Yoga	Gentle Yoga
10.00-11.00 a.m.	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai
3.00-4.00 p.m.	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai
4.30-5.30 p.m.	Gentle Yoga	Gentle Yoga	Aerial Yoga	Aerial Yoga	Gentle Yoga	Aerial Yoga	Core Abs

Free Class Schedule

08.15-09.15 a.m.		Aqua Exercise	Circuit Training	Aqua Exercise			
13.30-14.30 p.m.	Tabata				Functional Training	Stretching	Functional Training