

# SUMMER 2022 TIMETABLE



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NEW CLASSES START JANUARY 10 2022

TIMETABLE SUBJECT TO CHANGE

| MON                                     | TUE                              | WED                                   | THU                                    | FRI                                      | SAT                                 | SUN                                      |
|---|----------------------------------|---------------------------------------|--|--|-------------------------------------|--|
| 5.45 AM<br>RISE & SHINE ROZ ★           | 5.45 AM<br>YOGA PLAY EMILY       | 5.45 AM<br>YOGA PLAY (HOT) CARLA      | 5.45 AM<br>YOGA FLOW ROZ ★             | 6.00 AM<br>RISE & SHINE (75) LEI-IISSA ★ |                                     |  |
|   | 7.00 AM<br>AERIAL PILATES SARISA |                                       | 7.00 AM<br>YOGA DEEP STRETCH ROZ ★     |  | 7.00 AM<br>YOGA PLAY CARLA          | 7.30 AM<br>YOGA FLOW (HOT) MATHILDE ★    |
|   |                                  |                                       |  |  | 8.15 AM<br>AERIAL FIT CAM           | 8.45 AM<br>AERIAL PLAY LAUREN            |
| 9.30 AM<br>AERIAL FIT NIRVANA           |                                  | 9.30 AM<br>AERIAL FLOW (OPEN) RENAE ★ |  | 9.30 AM<br>AERIAL FLOW RACHAEL           | 9.15 AM<br>AERIAL FLOW CAM          | 9.45 AM<br>AERIAL FLOW LAUREN            |
|   |                                  |                                       |  |  | 10.15 AM<br>AERIAL PLAY RACHAEL     | 10.45 AM<br>AERIAL PLAY LAUREN           |
|   |                                  |                                       |  |  | 11.15 AM ★<br>AERIAL BASICS RACHAEL |  |
| 4.30 PM<br>AERIAL FLOW (OPEN) RACHAEL ★ | 4.30 PM<br>YOGA FLOW EMMA ★      | 4.30 PM<br>AERIAL PILATES RENAE       | 4.30 PM<br>YOGA PLAY CARLY             |  |                                     | 4.00 PM<br>YOGA PLAY LEI-IISSA           |
| 5.35 PM<br>YOGA PLAY (HOT) HUONG        | 5.35 PM<br>AERIAL SCULPT CAM     | 5.35 PM<br>YOGA SCULPT CHRYSTAL       | 5.35 PM<br>AERIAL PLAY RACHAEL         | 5.00 PM<br>AERIAL FLOW (OPEN) CARLY ★    |                                     | 5.20 PM<br>YOGA DEEP STRETCH LEI-IISSA ★ |
| 6.45 PM<br>YOGA SCULPT HUONG            | 6.20 PM<br>AERIAL FIT - CORE CAM | 6.45 PM<br>YOGA FLOW NIRVANA ★        | 6.45 PM<br>AERIAL FLOW RACHAEL         | 6.00 PM<br>FLOATING MEDITATION CARLY ★   |                                     |  |
| 8.00 PM<br>AERIAL RESTORATIVE RACHAEL ★ | 7.15 PM<br>YOGA PLAY (HOT) EMILY | 8.00 PM<br>AERIAL PLAY NIRVANA        | 7.50 PM<br>YOGA DEEP STRETCH RACHAEL ★ |  |                                     |  |

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AERIAL CLASS

YOGA CLASS

FIRST CLASS OPTIONS ★★☆☆