



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	08.00-9.00 Pilates Mat with Yaffa	8.00-9.00 Reformer & Springboard (Co-ed) with Katie		8.00-9.00 Pilates Springboard with Yaffa	9.00-10.00 Reformer & springboard With Katie
9.30-10.30 Reformer & Springboard with Katie		9.00-10.00 Reformer & Springboard with Katie	9.00-10.00 Alignment Reformer with Katie		10.00-11.00 Reformer (co-ed) with Irit
10.30-11.30 Reformer & Springboard with Katie	10.15-11.15 Reformer with Liz	10.15-11.15 Reformer & springboard with Katie	10.00-11.00 Ab Blast Reformer with Katie	10.15-11.15 Reformer with Liz	11.15-12.15 Aerial Yoga with Irit
	17.30-18.30 Aerial Yoga with Irit	17.00-18.00 Teens Reformer with Liz	17.15-18.15 Kids Aerial Yoga with Elyse		
	18.30-19.30 Reformer with Irit	18.00-19.00 Reformer with Rocky	18.30-19.30 Booty Burn Reformer with Katie		
19.00-20.00 Ab Blast Reformer with Rocky	19.30-20.30 Reformer (Co-Ed) with Katie		19.30-20.30 Reformer (Co-ed) with Katie	19.00-20.00 Reformer with Irit	
20.30-22.00 Yoga (co-ed) with Romi			20.30-22.00 Yoga (co-ed) with Romi		Ladies Only