



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30	VITAPARCOUR 30 MIN	YOGA FOR BACK PAIN 60 MIN	VITAPARCOUR 30 MIN	YOGA FOR BACK PAIN 60 MIN	VITAPARCOUR 30 MIN		
10:00			VINYASA YOGA 60 MIN				
11:00	AEROBIC-STEP 45 MIN	6 PACK SPECIAL 30 MIN	AEROBIC-STEP 45 MIN		FUNCTIONAL TRAINING 45 MIN	PILATES MAT 45 MIN	
12:00	FIESTA WORKOUT 45 MIN	PILATES MAT 45 MIN	DANCE STORM 45 MIN	UPPER BODY 30 MIN	PILATES MAT 45 MIN		
12:15						YOGA FOR BACK PAIN 60 MIN	
13:00	CORE CONDITION 30 MIN	VINYASA YOGA 60 MIN	CORE CONDITION 30 MIN	6 PACK SPECIAL 30 MIN	YIN YOGA 60 MIN		
13:45	YIN YOGA 60 MIN						
14:00						SPINNING 45 MIN	
14:30		AQUAGYM 30 MIN		AQUAGYM 30 MIN			
18:15	TOTAL BODY 30 MIN	SPINNING 45 MIN	TOTAL BODY 30 MIN	AEROBIC-STEP 45 MIN	SPINNING 45 MIN		
19:00	PILATES MAT 45 MIN	FUNCTIONAL TRAINING 45 MIN	PILATES MAT 45 MIN	PILATES MAT 45 MIN	FUNCTIONAL TRAINING 45 MIN		
19:45	DANCE STORM 45 MIN		FIESTA WORKOUT 45 MIN				
20:00		YIN YOGA 60 MIN		VINYASA YOGA 60 MIN			

