



**Fitness**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')		Pilates Flow (55')			
8:30 AM						Yoga (90')	
9 AM	Pilates (55')	Body Workout (60')	Zumba (55')	Yogalates (55')	Power Bands (55')		Power Stretch (55')
10 AM	STEP & TONE (55') Kick Box Aqua (55')	Pilates (55')	TRX Flow (55')	TRX Circuit (55') Aqua (55')	Yoga (55')	Butt and Abs (55')	Body Workout (55')
11 AM	Body Workout (55')	TOTAL Abdominals (55')	Butt and Abs (55')	Aerobic (55')	Body Workout (55')	Strenght (55')	Yoga (90')
12 PM	Yoga (55')	Power Stretch (55')	BOSU (55')	Yoga (55')	TRX Functional Training (55')	Pilates (55')	
5 PM		Bosu Postural (55')		Pilates STUDIO BALET 1 (55')			
6 PM	Yoga Studio Balet 1 (55') Legs & Abs (55')	Strong (55')	TRX Cardio (55')	Upper Body & Abs (55')	Total Body (55')		
7 PM	Zumba (55')	Body Pump (55')	Body Workout (55') Yoga STUDIO BALET 1 (55')	Pilates (55') Aqua Kick (55')	Stress Release (55')		
8 PM	Yoga Flow (55')	Pilates (55')	Zumba (55') Interval Training (55')	Nike Training Club (55')			