



**Fitness**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')	Total body (55')	Bosu @ Pilates Flow (55')	Power Plus (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	Aqua Step Dance & Tone (55')	Pilates (55')	TRX Flow (55')	Total Abs (55') Aqua (55')	Yoga (55')	Butt and Abs (55')	Body Workout (55')
11 AM	Body Workout (55')	Steel Training (55') Beat Boxing - Studio Karate (55')	Butt and Abs (55')	Steel Training (55')	Kick Box (55')	Strenght (55')	Yoga (90')
12 PM	Yoga (55')		BOSU (55')	Yoga (55')	TRX Functional Training (55')	Pilates (55')	
5 PM	TRX Flow	Bosu Postural (55')	Strese Release (55')	Pilates STUDIO BALET 1 (55')			
6 PM	Legs & Abs (55') Yoga (SALA BALET 1) (55')	Nike Training Club (55')	Yoga for the Spine @relaxation - Studio Balet (90') Body Workout (55')	Upper Body & Abs (55')	Total Body (55')		
7 PM	Zumba (55')	Body Pump (55')	TRX Cardio (55')	Aqua Kick (55') Lower Body & Abs Pilates (55')	Kirtan & Mandale (120')		
8 PM	Yoga Flow (55')	Pilates (55')	Stretching (55')				