



Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')		Pilates (55')			
8:30 AM						Yoga (90')	
9 AM	Pilates (55')	Body Workout (60')	Zumba (55') Aqua (55')	Yogalates (55')	Power Bands (55')		Power Stretch (55')
10 AM	Yoga (55') Kick Box	Pilates (55')	TRX Flow (55')	TRX Circuit (55')	Yoga (55') Aqua (55')	Butt and Abs (55')	Body Workout (55')
11 AM	Body Workout (55') Aqua (55')	Tabata (55')	Butt and Abs (55')	Body Workout (55')	Cardio Kick Boxing (55')	Strenght (55')	Yoga (90')
12 PM	Yoga (55')	Power Stretch (55')	BOSU (55')	Power Stretch (55')	TRX Functional Training (55')	Pilates (55')	
5 PM		Bosu Postural (55')		Pilates STUDIO BALET 1 (55')			
6 PM	Legs & Abs (55')	Strong (55')	TRX Cardio (55')	Upper Body & Abs (55')	Full Body (55')		
7 PM	Zumba (55')	Body Pump (55')	Body Workout (55') Yoga for the spine 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')			