



Aerobics

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')	TRX Flow (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		BOSU (55')	Yoga (55')	TRX Functional Training	Pilates (55')	
5 PM	TRX Flow (55')	Bosu Postural (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')	Upper Body & Abs (55')	Total Body (55')		
7 PM	Zumba (55')	Body Pump (55')		Lower Body & Abs Pilates (55') Aqua Kick (55')	Stress Release (55')		
8 PM	Yoga Flow (55')	Pilates (55')	Stretching - Studio balet (55')				