



Strength & Conditioning	Barre	OSLO Bootcamp	Cardio Pilates	Prenatal/ Mummy & me	Yoga
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am Express classes	Strong Yoga Flow 45min	Hot Yoga 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins		
7.45am Express Classes	Sunrise Barre 45 Mins	Power Yoga 45 Mins	Sunrise Barre 45 Mins	Vinyasa Yoga 45 Mins	OSLO Bootcamp 45 Mins		
8 am						Ashtanga 55 Mins	
9 am						Hot Yoga 55 Mins	Restorative Pilates 55 Mins
10 am							OSLO Bootcamp 45 Mins
10.15 am				Mummy & Me Yoga & Pilates		Sunrise Barre 45 Min	
10.30 am		Mummy & Me Yoga & Pilates					
10.45 am							
11 am							Cardio Pilates 55 Mins
11.15 am						OSLO Bootcamp 45 Mins	

12 pm							
12.15pm						Cardio Pilates 55 Mins	Vinyasa Yoga 55 Mins
12.30 pm Express Classes	OSLO Bootcamp 45 Mins	Cardio Pilates 45 Mins	Strength & Conditioning	Cardio Pilates 45 Mins	Cardio Pilates 45 Mins		
1.15 pm Express Classes	Barre 45 Mins	Power Yoga 45 Mins	OSLO Bootcamp 45 Mins	Cardio Pilates 45 Mins	Strength & Conditioning		
1.30 pm							Slow Vinyasa Flow 55 Mins
2.30 pm				Pregnancy Yoga & Pilates			
5.15 pm					Barre 55 Mins		
5.30 pm	Vinyasa Yoga 55 Mins	Barre 55 Mins	Mindful Glow & Flow 55 Mins	Warm Yoga Flow 55 Mins			
6.15 pm					Barre 55 Mins		
6.30 pm	Strong Yoga Flow 55 Mins	Barre 55 Mins	Pregnancy Yoga 55 Mins	Barre 55 Mins			
7.15 pm					Strong Yoga Flow 55 Mins		
7.30 pm		Ashtanga Yoga 75 Mins	Warm Yoga Flow 55 Mins	Mindful Glow & Flow 55 Mins			
7.45 pm	Yin Yoga 55 Mins						