

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00		Power Yoga 07:00 45mins	Barre 07:00 45mins	Power Yoga 07:00 45 mins	Cardio Pilates 07:00 45mins		
08:00	Barre 08:00 45mins		Cardio Pilates 08:00 45mins		OSLO Bootcamp 08:00 45 mins	Pilates@ The Dylan 08:00 45mins	
09:00						Restorative@ The Dylan 09:00 45mins	
10:00							HIIT 10:00 45 mins
11:00						Barre 10:15 60mins	OSLO Bootcamp 11:00 45 mins
12:00	Barre 12:00 45 mins	HIIT 12:00 45 mins	Barre 12:00 45 mins	OSLO Bootcamp 12:00 45 mins	Barre 12:00 45 mins	OSLO Bootcamp 11:30 45 mins	Warm Flow Yoga 12:00 60 mins
13:00	OSLO Bootcamp 13:00 45 mins				Prenatal Pilates 13:00 45 mins		
14:00							
17:00					Barre 17:00 60mins		
18:00	Vinyasa Flow Yoga 17:30 60 mins	Barre 17:30 45mins	Cardio Pilates 17:30 45 mins	Barre 17:30 45mins			
19:00		Barre 18:30 45mins	Strong Flow Yoga 18:30 60 mins	Strong Flow Yoga 18:30 60 mins			
20:00							

Exercise Style Guide	Yoga	Pregnancy	Barre	Cardio Pilates	OSLO Bootcamp	Strength & Conditioning