



SUMMER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates 08:30-09:15		Pilates 08:30 - 09:15		Strength training 08:30 - 09:15
	Prenatal & postnatal 9:30 - 10:15	Yoga 09:30 -10:30		Prenatal & postnatal 9:30 - 10:15
Yoga 19:00 - 20:00		Strength training 19:00 - 19:45		Pilates 19:00- 19:45