

GROUP CLASSES

MAR 08 - MAR 14



SUN

08 MAR

- 09:00AM FUNCTIONAL FIT | Artem
- 10:00 AM REFORMER PILATES | Nathalie | Ladies
HATHA YOGA | Gabriela
- 12:00 PM MAT PILATES | Gabriela | Ladies
BODY PUMP | Sara Dias
- 03:00 PM REFORMER PILATES | Nathalie |
BARRE | Sara | Ladies
- 03:15 PM FUNCTIONAL STRENGTH | Haya
- 04:00 PM REFORMER PILATES | Nathalie | Ladies
STRETCH & RESTORE | Sarah
BOXING | Vasi
- 04:15 PM RHYTHM & RIDE | Ella
- 08:30 PM FUNCTIONAL FIT | Chris
REFORMER PILATES | Ayanna |
YIN YOGA | Asha

MON

09 MAR

- 09:00 AM BODY TONING | Sara Dias | Ladies
- 10:00 AM REFORMER PILATES | Ayanna
HATHA YOGA | Gabriela | Ladies
- 11:00 AM REFORMER PILATES | Ayanna | Ladies
GENTLE FLOW | Gabriela
- 12:00 PM STRETCH & MOBILITY | Sara Dias | Ladies
POWER YOGA | Gabriela
REFORMER PILATES | Ayanna
- 03:00 PM REFORMER PILATES | Ayanna
STRETCH & RESTORE | Asha
- 03:15 PM FUNCTIONAL STRENGTH | Haya
- 04:00 PM REFORMER PILATES | Nathalie | Ladies
HATHA YOGA | Asha
- 04:15 PM RIDE TO THE BEAT | Ahmad Jamali
- 08:30PM REFORMER PILATES | Nathalie | Ladies
- 09:00 PM BOXING | Vasi
BODY PUMP | Antonia

TUES

10 MAR

- 09:00 AM REFORMER PILATES | Nathalie
- 10:00 AM REFORMER PILATES | Nathalie | Ladies
VINYASA FLOW | Asha
- 12:00 PM REFORMER PILATES **ADVANCED** | Natalie
STRETCH & RESTORE | Asha
- 03:00 PM REFORMER PILATES | Ayanna
VINYASA FLOW | Gabriela
- 03:15 PM BODY PUMP | Sara Dias
- 04:00 PM BOXING | Vasi
REFORMER PILATES | Ayanna | Ladies
HOT YOGA | Gabriela
- 04:15 PM RHYTHM & RIDE | Ella
- 08:30 PM FUNCTIONAL FIT | Clint
REFORMER PILATES | Ayanna | Ladies
STRETCH & RESTORE | Gabriela

WED

11 MAR

- 09:00 AM REFORMER PILATES | Ayanna
- 10:00 PM REFORMER PILATES | Ayanna | Ladies Only
POWER YOGA | Asha
- 11:00 AM REFORMER PILATES | Ayanna | Ladies Only
- 11:30 AM CORE & ABS | Sara Dias
- 12:00 PM POWER YOGA | Asha
BODY TONING | Sara Dias
- 03:00PM REFORMER PILATES | Nathalie | Ladies Only
HATHA YOGA | Gabriela
- 03:15 PM SPINNING | Sara Tawfik
- 04:00PM REFORMER PILATES | Nathalie
BARRE | Sara | Ladies
HOT MAT PILATES | Gabriela | Ladies
- 04:15 PM FUNCTIONAL FIT | Sara Tawfik
- 08:30 PM STRETCH & RESTORE | Gabriela
REFORMER PILATES | Nathalie | Ladies
- 09:00 PM BOXING | Vasi

GROUP CLASSES

MAR 08 - MAR 14



THUR

12 MAR

- 09:00 AM REFORMER PILATES | Natalie
- 10:00 AM REFORMER PILATES | Natalie Ladies Only
- 11:00 AM REFORMER PILATES | Natalie
MAT PILATES | Gabriela | Ladies Only
- 12:00 PM REFORMER PILATES | Natalie | Ladies Only
- 03:00 PM REFORMER PILATES | Ayanna | Ladies Only
VINYASA FLOW | Gabriela
- 03:15 PM CORE & ABS | Antonia
- 04:00 PM REFORMER PILATES | Ayanna
STRETCH & RESTORE | Gabriela
BOXING | Vasi
- 04:15 PM RHYTHM & RIDE | Ella
BODY PUMP | Antoniya
- 08:30 PM REFORMER PILATES | Ayanna
YIN YOGA | Gabriela | Ladies Only
FUNCTIONAL FIT | Antonia

FRI

13 MAR

- 11:00 AM REFORMER PILATES | Nathalie | Ladies Only
- 12:00 PM REFORMER PILATES | Nathalie
YIN YOGA | Asha
- 03:00 PM REFORMER PILATES STRETCH | Natalie
- 03:30 PM FUNCTIONAL FIT | Becca
- 04:00 PM REFORMER PILATES | Natalie | Ladies Only
MINDFUL MEDITATION | Asha
- 08:30 PM REFORMER PILATES | Nathalie

SAT

14 MAR

- 11:00 AM REFORMER PILATES | Elena
POWER YOGA | Zaina
- 12:00 PM REFORMER PILATES | Elena | Ladies Only
- 03:00 PM REFORMER PILATES | Ayanna
HYROX FUNCTIONAL | Katreyna
- 04:00 PM REFORMER PILATES | Ayanna | Ladies Only
BARRE | Sarah
BODY PUMP | Nourah
- 08:30 PM REFORMER PILATES | Ayanna
- 09:00 PM BOXING | Vasi