

# GROUP CLASSES

APR 26 - MAY 02

## SUN

26 APR

- 06:00 AM GENTLE FLOW | Gabriela
- 08:00 AM REFORMER PILATES | Elena  
FUNCTIONAL FIT | Artem
- 09:00 AM REFORMER PILATES | Elena
- 10:00 AM REFORMER PILATES | Elena Ladies Only  
GENTLE FLOW | Gabriela
- 11:00 AM BODY TONING | Sara Dias | Ladies Only
- 12:00 PM MAT PILATES | Gabriela
- 04:00 PM REFORMER PILATES | Ayanna | Ladies Only  
HATHA YOGA | Tammy  
TRX & ABS | Chris
- 05:00 PM FUNCTIONAL FIT | Chris  
BARRE | Sara | Ladies Only  
REFORMER PILATES | Ayanna  
HOT YOGA | Tammy | Hot Studio  
BODY PUMP | Sara Dias
- 06:00 PM BOXING | Vasi  
STRETCH & RESTORE | Sarah  
REFORMER PILATES **ADVANCED** | Ayanna  
RHYTHM & RIDE | Ella
- 07:30 PM BELLY DANCING | Cherry | Yoga Studio

## TUES

28 APR

- 08:00 AM REFORMER PILATES | Natalie
- 09:00 AM REFORMER PILATES | Natalie  
HATHA YOGA | Tammy
- 10:00 AM FUNCTIONAL STRENGTH | Haya  
REFORMER PILATES | Natalie  
SCULPT & TONE YOGA | Tammy
- 11:00 AM STRETCH & MOBILITY | Sara Dias | Ladies Only
- 12:00 PM PRENATAL | Tammy
- 03:00 PM REFORMER PILATES | Elena
- 04:00 PM FUNCTIONAL FIT | Antonia  
REFORMER PILATES | Elena  
POWER YOGA | Zaina
- 05:00 PM FUNCTIONAL FIT | Clint  
BODY PUMP | Nourah  
REFORMER PILATES | Elena | Ladies Only  
HATHA YOGA | Gabriela
- 06:00 PM RHYTHM & RIDE | Ella  
BOXING | Vasi  
DEEP STRETCH HOT YOGA | Gabriela  
REFORMER PILATES | Elena
- 06:15 PM BELLY DANCING | Cherry | Les Mils Studio

## MON

27 APR

- 06:00 AM FUNCTIONAL STRENGTH | Jonathan
- 09:00 AM REFORMER PILATES | Ayanna  
HATHA YOGA | Gabriela | Ladies Only  
BODY PUMP | Sara Dias
- 10:00 AM REFORMER PILATES | Ayanna | Ladies Only  
STRETCH & RESTORE | Gabriela
- 11:00 AM REFORMER PILATES | Ayanna
- 03:00 PM MAT PILATES | Gabriela
- 04:00 PM REFORMER PILATES | Natalie  
GLUTE & CORE MAT PILATES | Ayanna  
FUNCTIONAL STRENGTH | Haya
- 05:00 PM FUNCTIONAL STRENGTH | Haya  
REFORMER PILATES | Natalie | Ladies Only  
BELLY DANCING | Sherehan | Les Mils Studio  
HATHA YOGA | Tammy
- 06:00 PM BODY PUMP | Antonia  
YIN YOGA | Tammy  
REFORMER PILATES **ADVANCED** | Natalie
- 07:00 PM 45' CORE/ABS | Antonia  
BOXING | Vasi
- 07:15 PM MINDFULNESS MEDITATION | Tammy

## WED

29 APR

- 06:00 AM FUNCTIONAL STRENGTH | Jonathan
- 07:00 AM VINYASA YOGA | Tammy
- 08:00 AM FUNCTIONAL FIT | Artem
- 09:00 AM REFORMER PILATES | Elena  
HATHA YOGA | Tammy
- 10:00 AM STRETCH & RESTORE YOGA | Tammy  
REFORMER PILATES | Elena | Ladies Only
- 10:30 AM CORE/ABS | Sara Dias
- 11:00 AM BODY TONING | Sara Dias | Ladies Only  
REFORMER PILATES **ADVANCED** | Elena
- 12:00 PM MAT PILATES | Gabriela Ladies only
- 04:00 PM FUNCTIONAL STRENGTH | Haya  
REFORMER PILATES | Ayanna
- 05:00 PM FUNCTIONAL STRENGTH | Haya  
REFORMER PILATES | Ayanna  
BARRE | Sara  
SPINNING | Sara Tawfik
- 06:00 PM HYROX | Eden  
REFORMER PILATES | Ayanna | Ladies Only  
STRETCH & RESTORE | Gabriela
- 07:00 PM BOXING | Vasi  
BREATHWORK & YOGA NIDRA | Gabriela

# GROUP CLASSES

APR 26 - MAY 02

## THURS

30 APR

- 08:00 AM REFORMER PILATES | Elena
- 09:00 AM REFORMER PILATES | Elena  
HATHA YOGA | Gabriela
- 10:00 AM FUNCTIONAL STRENGTH | Haya  
REFORMER PILATES | Elena  
MAT PILATES | Gabriela Ladies only
- 12:00 PM HOT MAT PILATES | Gabriela
- 01:00 PM LAGREE | Elena  
GLUTE & CORE MAT PILATES | Ayanna | Ladies
- 03:00 PM REFORMER PILATES | Ayanna
- 04:00 PM REFORMER PILATES | Ayanna | Ladies Only  
MAT PILATES | Natalie
- 05:00 PM BODY PUMP | Sara Dias  
BOXING SPARRING | Vasi  
REFORMER PILATES | Natalie
- 05:15 PM YIN YOGA | Gabriela | Ladies Only
- 06:00 PM RHYTHM & RIDE | Ella  
CORE & ABS | Sara Dias  
REFORMER PILATES **ADVANCED** | Natalie
- 07:00 PM REFORMER PILATES | Natalie

## FRI

01 MAY

- 09:00 AM REFORMER PILATES | Natalie
- 10:00 AM REFORMER PILATES | Natalie  
VINYASA YOGA | Tammy
- 11:00 AM REFORMER PILATES **ADVANCED** | Natalie
- 12:00 PM FUNCTIONAL FIT | Clint  
HATHA YOGA | Tammy
- 1:00 PM YIN YOGA | Tammy
- 3:00PM MINDFULNESS MEDITATION | Tammy
- 04:00 PM REFORMER PILATES STRETCH | Natalie

## SAT

MAY 02

- 09:00 AM REFORMER PILATES | Ayanna
- 10:00 AM REFORMER PILATES | Ayanna
- 11:00 AM BODY PUMP | Nourah  
REFORMER PILATES **ADVANCED** | Ayanna  
BARRE | Sarah
- 12:00 PM POWER YOGA | Zaina  
HYROX TRAINING | Eden
- 04:00 PM REFORMER PILATES | Natalie | Ladies Only
- 05:00 PM BOXING | Vasi  
SCULPT & SLIDE MAT PILATES | Nathalie
- 06:00 PM REFORMER PILATES | Natalie  
BELLYDANCING | Sherehan | Ladies Only | les mills studio