

## TIMETABLE FOR AEROBIC AND YOGA CLASSES - 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30	THALASSO KINETICS 30'	THALASSO KINETICS 30'	THALASSO KINETICS 30'	THALASSO KINETICS 30'	THALASSO KINETICS 30'		
10:00							
10:30	YOGALATES	PILATES ADVANCED		FOAM ROLLER	YOGALATES		
11:00	10:30-11:30	10.30-11.30	CORE TRAINING 30'	10:30-11:30	10.30-11.30		
11:30	CORE TRAINING 30'	HIPS & ABS 30'	HIPS TRAINING 30'	UPPER BODY 30'	BODY PUMP 30'	PILATES ADVANCED	CORE TRAINING 30'
12:00	HIPS TRAINING 30'	FLOW STRETCHING 30'	AQUA INTERVAL	FIT BALL 30'	FLOW STRETCHING 30'	11:30-12:30	PILATES
12:30			12:00-13:00			AQUA INTERVAL	12:00-13:00
13:00						12.30-13.30	
13:30							
14:00							
14:30							
17:00						CORE TRAINING 30'	
17:15		YOGA		YOGA		17:00-17:30	
17:30	PILATES ADVANCED	17:15-19:00	FOAM ROLLER	17:15-19:00	PILATES ADVANCED	UPPER BODY 30'	
18:00	17:30-18:30	YOGA	17:30-18:30	YOGA	17:30-18:30	17:30-18:00	
18:30	YOGALATES	YOGA		YOGA	ATHLETIC SESSION		
19:00	18.30-19.30		CORE TRAINING30'		18.30-19.30		
19:30	ATHLETIC SESSION	CORE TRAINING 30'	HIPS TRAINING 30'	HIPS TRAINING 30'			
20:00	19.30-20.30	FLOW STRETCHING 30'		FLOW STRTCHING 30'			