






Session Date: September 7th – December 20th (15 weeks)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|--|--|--|--|--|
| 6:30am 1hr | New Spin & GTS Circuit | | New Spin Pilates Interval | | New Spin &  Kettle Bell | |
| 9am 1hr | | Power & Peace Yoga | | | Power & Peace Yoga 75 minutes | New Spin &  Kettle Bell |
| 9:30am 1hr | New Spin &  Kettle Bell | | Pilates Total Tone | | | 10:15 am HOT YOGA |
| 10:30am 1hr | | | | HOT YOGA | | 11:30 am HOT YOGA |
| 12:15pm 30min | Pilates Total Tone | Power & Peace Yoga | New  Kettle Bell | Bosu Complete Conditioning | Power & Peace Yoga | |
| 4:30pm 1hr | Power & Peace Yoga | Pilates Gliding | New Spin Pilates Interval | | HOT YOGA | |
| 5:30pm 1hr | Full Body Gliding | New Spin &  Kettle Bell | Pilates Total Tone | Bosu Complete Conditioning | HOT YOGA | |
| 5:30pm 1hr | Pilates Long & Lean | Hatha Yoga 90min | HOT YOGA | Vinyasa Yoga | | |
| 6:30 pm 1hr | Spin & Pilates Total Tone | | HOT YOGA 6:45 | 6:45pm Mindful Meditation 45 mins | | |

All Classes below are completed on the GTS machines (Gravity Training Systems)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------------------|--|--|---------------------------------------|
| 9:30-10:30 am Precision Pilates | 10:05-10:35 am Precision Pilates | 7:00 – 7:30am Precision Pilates | 6:30-7:00 am Precision Pilates | 7:00 – 7:30am Precision Pilates |
| 12:00-12:30 pm Precision Pilates | | | 8:00-8:30 am Precision Pilates | |
| | | 11:30-12:00 am Precision Pilates | 11:40-12:10 am Precision Pilates | |
| | 3:45 –4:15 pm Precision Pilates | | 3:45- 4:15 pm Precision Pilates | |
| 5:30-6:15pm Full body Toning Circuit 45 min | 4:30 – 5:30 pm Precision Pilates | 5:30-6:30 pm Precision Pilates <i>Plus</i> | 4:30-5:30 pm Precision Pilates | |

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