

**GROUP FITNESS
EXERCISE SCHEDULE**



FEBRUARY 24th

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
STUDIO 1	8:30						10:00		
	17:35					LES MILLS RPM HAFEZ	17:00	LES MILLS RPM HAFEZ	LES MILLS RPM HAFEZ
	18:35	LES MILLS RPM HAFEZ	LES MILLS RPM HAFEZ	A.R.S. CARLOS					
	19:35								
STUDIO 2	8:30	YOGA RIA(LO)	YOGA 90 IONA(LO)	YOGA IONA(LO)	YOGA 90 RIA(LO)	YOGA KARLA	9:00		
	9:30			PILATES CARLOS		PILATES SUZI(LO)			
	10:30			RESTORATIVE YOGA CARLOS		LES MILLS BODYBALANCE CARLOS			
	16:30					LES MILLS CORE 45 CARLOS			
	18:30				CIRCUIT ROULA (LO)		15:30		PILATES CARLOS
	19:30		LES MILLS BODYCOMBAT ROULA(LO)	BELLY DANCE CRISTINA (LO)	ZUMBA ROULA(LO)		16:30		YOGA CARLOS
	20:15		ZUMBA ROULA(LO)						
STUDIO 4	9:30					REFORMER CARLOS			
	17:30			REFORMER CARLOS					