

**GROUP FITNESS
EXERCISE SCHEDULE**



MARCH 24 - 30

| | Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday | Sunday |
|-----------------|-------|-------------------------------|-------------------------------|-------------------------------------|------------------------------------|---------------------------------|-------|----------|-------------------|
| STUDIO 1 | 8:30 | | | | | | 10:00 | | |
| | 16:15 | | | | | LES MILLS CORE CARLOS | 17:00 | | |
| | 17:00 | | LES MILLS RPM HAFEZ | LES MILLS BODYPUMP CARLOS | | | | | |
| | 21:15 | Strength Development HAFEZ | | Strength Development HAFEZ | LES MILLS BODYPUMP HAFEZ | | | | |
| | 22:00 | LES MILLS RPM HAFEZ | | LES MILLS RPM HAFEZ | LES MILLS RPM HAFEZ | | | | |
| STUDIO 2 | 8:30 | YOGA RIA(LO) | YOGA 9AM KARLA(LO) | YOGA RIA(LO) | YOGA 9AM RIA(LO) | YOGA 9AM KARLA | 9:00 | | |
| | 10:00 | | | PILATES CARLOS | | PILATES SUZI(LO) | | | |
| | 11:00 | | | RESTORATIVE YOGA CARLOS | | LES MILLS BODYBALANCE CARLOS | | | |
| | 16:00 | YOGA CARLOS | | PILATES CARLOS | | | | | |
| | 17:00 | PILATES CARLOS | | | | YOGA CARLOS | 15:30 | | PILATES CARLOS |
| | 21:30 | | METAFIT ROULA(LO) | | WOD ROULA(LO) | | 16:30 | | YOGA CARLOS |
| | 22:15 | | STRETCH ROULA(LO) | | LES MILLS CORE ROULA(LO) | | | | |
| STUDIO 4 | 10:00 | REFORMER CARLOS | | | | REFORMER CARLOS | | | |
| | 17:30 | | | | | | | | |