

MAY 2019



SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
	7:00am Barre Bootcamp Coach Carles	7:30am Pilates Apparatus Bianka NEW	7:00am TotalBodyHIIT Coach Carles	7:30am Pilates Tower with Eva	
	8:30am Cycle & Shred Coach Carles	8:30am ELDOA Bianka NEW	8:30 am Total Body HIIT Coach Carles NEW		8:30am Total Body HIIT Coach Carles
	8:30am Pilates Apparatus Eva				9:30am Vibe Ride Coach Carles
9:30am Pilates Apparatus Eva	9:30am Jumpboard/ Reformer Eva	9:30am Barre Natalie	9:30am Pilates Apparatus Eva	9:30am Barre Natalie	9:30am Pilates Apparatus Bianka
9:30am Barre Alex	9:30am Barre Stick Coach Carles		9:30am Barre Stick Coach Carles NEW		10:30a Barre Bootcamp Coach Carles
12:30pm Pilates Apparatus Lian		12:30pm TRX Strength Coach Carles NEW	10:30am Cycle / Barre Coach Carles NEW		10:30am Adv Pilates Apparatus Bianka
12:30pm TRX Strength Coach Carles NEW	12:30pm Pilates Apparatus Lian	12:30pm Pilates Apparatus Lian	12:30 pm Barre Vicky NEW	12:30pm Pilates Apparatus Lian	
					SUNDAYS
4:30pm Pilates Tower Bianka	5:30pm Total Body HIIT Coach Carles NEW	4:30pm Pilates Tower Bianka NEW	4:30pm Pilates Apparatus Bianka		8:30am-TRX Coach Carles NEW
5:30pm Barre Bootcamp Coach Carles NEW	5:30pm Pilates Apparatus Lian NEW	5:30pm Barre Stick Coach Carles NEW			9:30am Cycle Coach Carles NEW
6:30pm TRX Strength Coach Carles	6:30pm Pilates Apparatus Lian NEW	6:30pm Total Body HIIT Coach Carles			9:30am Restorative Pilates Bianka NEW
7:30pm Vibe Ride Coach Carles	6:30pm Barre Bootcamp Coach Carles	7:30pm Vibe Ride Coach Carles			10:30am Barre with Coach Carles NEW

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