

OCTOBER 2018



SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
			6:00am "Rise & Vibe" Carles NEW		
7:00am TRX/Strength Coach Carles NEW	7:00am Barre Bootcamp Carles	7:30am ELDOA Bianka NEW	7:00am TotalBodyHIIT Carles	7:00am Cycle & TRX Carles	8:00am TRX Carles
8:00am Pilates Lian	8:30am Pilates Eva	8:30am Pilates Bianka	8:30am Barre Vicky NEW	7:30am Pilates Tower with Eva	9:00am Cycle & Shred Carles
8:00am Cycle & Shred Coach Carles NEW	9:30am Jump Reformer Eva		9:30am Pilates Apparatus Eva	8:30am Butt Blast Coach Carles NEW	9:30am Pilates Bianka
9:30am Pilates Eva	9:30am Total Body HIIT Carles	9:30am Barre Natalie	9:30am Total Body HIIT Carles	8:30am Cardio Pilates Lian NEW	10:00am Barre Bootcamp Carles
9:30am Barre Alexandra	10:30am Vinyasa Yoga Alina NEW	10:30am YIN Yoga Alina		9:30am Barre Natalie	10:30am Adv Pilates Bianka
	12:30pm Pilates Lian			12:30pm Pilates Lian	12:00pm Salsa Hervin
4:30pm Pilates Tower Bianka		4:30pm Pilates Apparatus Bianka	4:30pm Pilates Apparatus Bianka		SUNDAYS
5:00pm Barre Vicky	5:30pm Pilates Circuit Lian			5:30pm HIIT the Core Coach Carles NEW	8:30am Total Body HIIT Carles
		5:30pm Barre Vicky	6:30pm Pilates Apparatus Lian	6:30pm Barre Stick Coach Carles NEW	9:30am Vibe Ride Carles
6:30pm TRX Strength Carles	6:30pm "Turnt Up Tuesday's Vibe Ride" Carles NEW	6:30pm Total Body HIIT Carles	6:30pm "Music Video Ride" Carles NEW		9:30am Pilates Bianka
7:30pm Vibe Ride Carles	7:30pm Salsa Hervin	7:30pm Cycle & Shred Carles	7:30pm Salsa Hervin		10:45am Barre Lauren NEW

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