

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30		Premier*			Premier *	Bonus Classes *
11:30		Pilates Restorative 1			Yoga Restorative 1	Training programme for teachers <ul style="list-style-type: none"> • Yoga Alliance • Yoga Works • Power Pilates
18:00	Premier*	Pilates TRX 2	Pilates Barre / Ftbll 2	Yoga Swings 2	17:15 Kid's Yoga	
				Premier *		
19:00	Hatha Yoga 1	Vinyasa Yoga 2	Pilates Restorative 1	Pilates 2	18:30 Pilates Yoga Flexibility 1	
	Premier* Restorative					
20:00	Pilates 2	Yin Yoga Restorative 1	Yoga Gentle Flow 1	Vinyasa Yoga 2	19:30 Premier* Restorative	
		Premier*	Premier*			Premier*

Premier: Dynamic class in pilates reformers equipment and suspension training.

Functional: Dynamic Pilates

Barre: Intensive Pilates exercise program on the bar for legs and buttocks

Pilates: Mat courses with foam rollers, fitballs, gymsticks, magic rings, therabands.

Yin yoga:Therapeutic Yoga exercise

Yoga swings: Yoga acrobatic techniques using the yoga swings.

Restorative: Therapeutic injuries rehabilitation course / pregnancy.

Kids: (ballet, tik tok dance kai yoga swings)Courses for kids

Bonus Classes: (lessons with guest teachers, on specific dates to be announced by the School)

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Body Soul

Pilates Yoga Dance