

YOGA MIND BODY Yoga Studio, L2	HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH						
	MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:15AM	Jess Z Strong Hatha - 60min		Yuki Flow Hatha - 60min		Gabriel Flow Hatha - 60min		
6:30AM		Jenn Pilates Mat - 60min					
8:00AM						Gabriel Strong Hatha - 90min	Juliet Pilates Mat - 60min
8:30AM	Jenn Pilates Mat	Melanie Pilates Mat		Katrina Pilates Mat	Jenn Pilates Mat		
9:30AM	Felicia Strong Hatha - 60min	Vicki Flow Hatha - 60min	Don Flow Hatha - 60min	Gabriel Flow Hatha - 60min	Don Strong Hatha - 60min	Jess Z Yin - 60min	
10:30AM	Felicia Restorative	Nycole Pilates Mat - 60min	Katrina Pilates Mat	Vicki Stretch - 60min	Don Stretch - 60min	Jess Z Stretch - 60min	
11:00AM							Yvette Stretch - 60min
11:30AM						Jess Z Flow Hatha - 60min	
12:00PM							Yuki <small>12:00pm Meditation - Introductory Course - 1.5hrs</small>
1:00PM	Yuki Flow Hatha - 60min	Gabriel Flow Hatha - 60min	Felicia Flow Hatha - 60min	Aimee Flow Hatha - 60min			
5:30PM	Georgia Pilates Mat	Imran Floor Barre					Georgia Restorative - 60min
6:30PM	Felicia Flow Hatha - 60min	Katrina Pilates Mat	Jess Z Strong Hatha - 60min	Katrina Pilates Mat			

YOGA SIDDHARTHA GAUTAMA Yoga Studio, L3	HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE YOGA WALL STRETCH SYNERGY VINYASA						
	MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:05AM	Self-practice Mysore - Practice		Self-practice Mysore - Ashtanga		Self-practice Mysore - Practice		
6:30AM		Aya Mysore - Ashtanga		Aya Mysore - Ashtanga			
8:00AM						Terri Intermediate Iyengar	Martine Ashtanga Led - 90min
8:30AM		Terri Iyengar - 90min	Sophie J Iyengar - 90min		Terri Iyengar with Wall		
9:30AM	Sophie J Iyengar - 90min			Margaret Iyengar - 90min			
10:30AM		Domenica Yoga Wall - 75min	Don Stretch - 60min				
11:00AM						Domenica Iyengar - 75min	Yuki Flow Hatha - 60min
1:00PM					Terri Iyengar - 60min		
5:30PM	Domenica Yin - 60min	Vicki Stretch - 60min	Domenica Slow Hatha - 60min	Don Flow Hatha - 60min	Felicia Flow Hatha - 60min		
6:30PM	Margaret Iyengar - 90min	Gabriel Ashtanga Led - 90min	Margaret Invite Only	Don Yoga Wall - 75min	Felicia Restorative - 60min		

GROUP EXERCISE MUHAMMAD ALI Exercise Studio, L2	REAL FITNESS KICKBOXING (RFK) DANCE FLOOR BARRE PILATES MAT POWER LO MOVE STEP						
	MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:15AM			Denise RFK	Carlos Power			
8:00AM						Rachel 8:00am Pilates Mat - 60min	
9:30AM	Carlos Power	MJ RFK	MJ Power	Denise RFK	Imran Step	Dennan 9:00am RFK	Nat Power
10:30AM	Marian Lo Move				Marian Lo Move	MJ 10:00am Power	Imran Dance Fusion
12:30PM					Imran Floor Barre		
4:00PM						Lucrezia 4:00pm Zumba	
5:30PM	Carlos Zumba	MJ Power	Denise RFK	Imran Zumba			
6:30PM	Nat Power	MJ RFK	Imran Dance Fusion	Dennan RFK			

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT (GRC) CHALLENGE (GRC) FOUNDATION(GRC)						
MAYA ANGELOU Centr Reformer Studio, L1		MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:30AM	Georgia GRC	Janet GRC	Georgia GRC	Georgia GRC	Janet GRC			
7:15AM	Georgia GRC	Janet GRC	Georgia GRC	Georgia GRC	Janet GRC	Anne GRC		
8:00AM	Katrina GRC	Janet GRC	Georgia GRC	Janet GRC	Janet GRC	Anne GRC	Anne GRC	
8:45AM	Katrina GRC	Jenn GRC	Janet GRC	Marian GRC	Janet GRC	Anne GRC	Anne GRC	
9:30AM	Katrina GRC	Jenn GRC	Janet GRC	Katrina GRC	Jenn GRC	Georgia GRC	Juliet GRC - CHALLENGE	
10:15AM	Jenn GRC	Jenn GRC	Georgia GRC	Katrina GRC	Joanna GRC	Georgia GRC	Juliet GRC	
11:00AM						Jenn GRC	Juliet GRC - CHALLENGE	
11:30AM	Georgia GRC	Rachel GRC	Rachel GRC	Kate J GRC	Joanna GRC			
12:15PM	Georgia GRC	Nycole GRC	Katrina GRC	Kate J GRC	Joanna GRC	Nycole GRC	Kate J GRC	
1:00PM	Georgia GRC	Nycole GRC	Katrina GRC	Kate J GRC	Joanna GRC	Nycole GRC	Kate J GRC	
4:00PM	Katrina GRC	Katharine GRC	Katrina GRC	Jenn GRC	Vee GRC	Bree GRC	Olivia GRC	
4:45PM	Georgia GRC	Katharine GRC	Katrina GRC	Jenn GRC	Vee GRC - CHALLENGE	Bree GRC	Olivia GRC	
5:30PM	Katrina GRC	Katharine GRC - CHALLENGE	Bree GRC	Joanna GRC - CHALLENGE	Vee GRC	Bree GRC	Olivia GRC	
6:15PM	Katrina GRC - CHALLENGE	Olivia GRC	Bree GRC	Joanna GRC	Joanna GRC			
7:00PM	Katrina GRC	Olivia GRC	Bree GRC					

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT (GRC) CHALLENGE (GRC)						
NELSON MANDELA Group Reformer Studio, L3		MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:30AM	Jenn GRC - CIRCUIT	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Janet GRC - CIRCUIT	Bree GRC			
7:15AM	Jenn GRC - CIRCUIT	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Janet GRC - CIRCUIT	Bree GRC	Jenn GRC		
8:00AM	Janet GRC	Rachel GRC	Rachel GRC	Jenn GRC	Melanie GRC	Jenn GRC - CIRCUIT	Nycole GRC	
8:45AM	Marian GRC	Jodie GRC	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Melanie GRC			
9:00AM						Jenn GRC	Nycole GRC	
9:30AM	Jenn GRC	Melanie GRC	Rachel GRC	Jenn GRC	Melanie GRC - CHALLENGE			
9:45AM						Jenn GRC - CIRCUIT	Jodie GRC	
10:30AM	Georgia GRC	Melanie GRC	Janet GRC	Jenn GRC	Melanie GRC	Nycole GRC	Jodie GRC	
11:15AM	Jenn GRC	Melanie GRC	Janet GRC	Katrina GRC	Jodie GRC	Nycole GRC	Kate J GRC	
4:15PM	Marian GRC	Katrina GRC	Jenn GRC	Joanna GRC	Joanna GRC			
5:00PM	Marian GRC	Katrina GRC	Jenn GRC	Katrina GRC	Joanna GRC			
5:45PM	Marian GRC	Bree GRC	Jenn GRC	Katrina GRC				
6:30PM	Georgia GRC	Bree GRC	Jenn GRC					
7:15PM	Georgia GRC							

SPIN		SPIN						
ALBERT EINSTEIN Spin Studio, L2		MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:15AM	Cheryl Spin	Cheryl Spin	MJ Spin	Laura Spin	MJ Spin			
7:15AM						Cheryl 7:15am Spin		
8:30AM	Cheryl Spin		Marian Spin	Denise Spin	Marian Spin	MJ 8:15am Spin	Marian 8:45am Spin	
9:30AM	MJ Spin	Claire Spin		Cheryl Spin		MJ 9:00am Spin		
12:30PM			Cheryl Spin					
4:15PM						Zena 4:15pm Spin		
5:45PM	Paula Spin	Stephen Spin	Nat Spin	Stephen Spin				

AQUA & SWIM
AQUA SWIM SCHOOL

POOL L2	MON 17 Feb	TUE 18 Feb	WED 19 Feb	THU 20 Feb	FRI 21 Feb	SAT 22 Feb	SUN 23 Feb
6:00AM	Swim School All Lanes Open	All Lanes Open SWIM 6-8AM	All Lanes Open SWIM 6-8AM	All Lanes Open SWIM 6-8AM	All Lanes Open SWIM 6-8AM		
7:00AM						All Lanes Open SWIM 7-8AM	All Lanes Open SWIM 7-8AM
8:00AM	2 Lanes Open Aqua - Hamish	2 Lanes Open Aqua - Chris	2 Lanes Open Aqua - Robert	2 Lanes Open Aqua - Carlos	2 Lanes Open Aqua - Chris	1 Lane Open Swim School	2 Lanes Open Swim School
8:30AM						1 Lane Open Swim School	2 Lanes Open Swim School
9:00AM	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School		
10:05AM						2 Lanes Open Aqua - Hamish	
11:00AM						2 Lanes Open Swim School	
11:30AM	2 Lanes Open Aqua - Chris	2 Lanes Open Aqua - Robert	2 Lanes Open Aqua - Robert	2 Lanes Open Aqua - Carlos	2 Lanes Open Aqua - Marian		
12:00PM						2 Lanes Open Swim School	2 Lanes Open Swim School
12:15PM	All Lanes Open SWIM 12.15PM - 2PM	3 Lanes open SWIM 12.15PM - 2PM	All Lanes Open SWIM 12.15PM - 2PM	All Lanes Open SWIM 12.15PM - 2PM	All Lanes Open SWIM 12.15PM - 2PM		
12:30PM							All Lanes Open SWIM 12.30PM-1.30
1:30PM							2 Lanes Open Swim School
2:00PM	3 Lanes open Swim School						
2:30PM		3 Lanes open Swim School	2 Lanes Open Swim School	3 Lanes open Swim School	2 Lanes Open Swim School		
3:30PM	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School		
5:00PM	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School	1 Lane Open Swim School	2 Lanes Open Swim School	All Lanes Open SWIM - 5PM-6.45
5:30PM	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School	All Lanes Open SWIM 5.30PM-7.45	All Lanes Open SWIM 5.30PM-6.45	
6:00PM	2 Lanes Open Adult Swim Privates 6-9pm						
6:30PM		All Lanes Open SWIM 6:30PM - 8:45		All Lanes Open SWIM 6:30PM - 8:45			
7:00PM			All Lanes Open SWIM 7PM-8.45				
8:00PM	All Lanes Open SWIM 8PM - 8.45						