

YOGA		HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE PILATES MAT						
DALAI LAMA Yoga Studio, L2		MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:30AM			Jenn Pilates Mat - 60min					
8:00AM							Don Strong Hatha - 90min	Juliet Pilates Mat - 60min
8:30AM	Jenn Pilates Mat	Melanie Pilates Mat			Katrina Pilates Mat	Karl Pilates Mat		
9:30AM	Rebecca Strong Hatha - 60min	Don Flow Hatha - 60min	Don Flow Hatha - 60min	Don Flow Hatha - 60min	Vicki Flow Hatha - 90min	Don Strong Hatha - 60min	Don Yin - 60min	
10:30AM	Yvette Restorative - 60min	Juliet Pilates Mat - 60min	Katrina Pilates Mat			Don Stretch - 60min	Jess Z Stretch - 60min	Yuki 11:00am Flow Hatha - 60min
12:00PM								Yuki <small>12:00pm Meditation - Introductory Course - 15hrs</small>
1:00PM	Yuki Flow Hatha - 60min	Madina Flow Hatha - 60min	Rebecca Flow Hatha - 60min	Aimee Flow Hatha - 60min	Martine Flow Hatha - 60min			
5:30PM	Juliet Pilates Mat							Martine Restorative - 60min
6:30PM	Felicia Flow Hatha - 60min	Katrina Pilates Mat	Jess Z Strong Hatha - 60min	Katrina Pilates Mat				

YOGA		HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE YOGA WALL						
SIDDHARTHA GAUTAMA Yoga Studio, L3		MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:15AM	Nicole Strong Hatha - 60min	Martine Ashtanga - 60min	Yuki Flow Hatha - 60min	Jess Z Ashtanga - 75min	Bree Flow Hatha - 60min			
8:00AM						Margaret Intermediate Iyengar - 90min	Martine Strong Hatha - 90min	
8:30AM		Terri Iyengar - 90min	Sophie J Iyengar - 90min		Terri Int/Adv Iyengar 90min			
9:30AM	Sophie J Iyengar - 90min			Margaret Iyengar - 90min		Jess Z Flow Hatha - 60min	Yuki Ashtanga - 60min	
10:30AM		Don Yoga Wall - 75min	Don Stretch - 60min			Terri Yoga Wall - 75min	Martine Ashtanga - 60min	Yuki Mindfulness - 30min
11:00AM						Sophie J 11:30am Iyengar - 75min	Sophie J Stretch - 60min	
1:00PM					Sophie J Iyengar - 60min			
4:00PM						Martine Ashtanga - 90min	Henryk Iyengar - 90min	
4:30PM	Joao Strong Hatha - 60min	Georgia Restorative - 60min	Yvette Stretch - 60min	Harriet Stretch - 60min				
5:30PM	Domenica Yin - 60min	Vicki Strong Hatha - 60min	Domenica Slow Hatha - 60min	Felicia Flow Hatha - 60min	Felicia Flow Hatha - 60min			
6:30PM	Margaret Iyengar - 90min	Jess Z Stretch - 60min	Margaret Invite Only	Harriet Yoga Wall - 75min	Felicia Restorative - 60min			
7:30PM		Jess Z Ashtanga - 60min						

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT(GRC) BODY MECHANIC (GRC)						
MAYA ANGELOU Centr Reformer Studio, L2		MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:30AM	Jenn GRC	Janet GRC	Anne GRC	Victoria GRC	Janet GRC			
7:15AM	Jenn GRC	Janet GRC	Anne GRC	Victoria GRC	Janet GRC	Anne GRC		
8:00AM	Katrina GRC	Janet GRC	Anne GRC	Juliet GRC	Janet GRC	Anne GRC	Nycole GRC	
8:45AM	Katrina GRC	Jenn GRC	Karl GRC	Marian GRC	Prudence GRC	Anne GRC	Nycole GRC	
9:30AM	Katrina GRC	Jenn GRC	Karl GRC	Katrina GRC	Karl GRC	Melanie GRC	Juliet GRC	
10:15AM	Jenn GRC	Jenn GRC	Karl Body Mechanics - GRC	Katrina GRC	Joanna GRC	Melanie GRC	Juliet GRC	
11:00AM						Melanie GRC	Juliet GRC	
11:30AM	Joanna GRC	Rachel GRC	Rachel GRC	Katharine GRC	Joanna GRC			
12:15PM	Joanna GRC	Kate J GRC	Juliet GRC	Katharine GRC	Joanna GRC	Victoria GRC	Kate J GRC	
1:00PM	Joanna GRC	Kate J GRC	Juliet GRC	Katharine GRC	Joanna GRC	Victoria GRC	Kate J GRC	
4:00PM	Juliet GRC	Katharine GRC	Katrina GRC	Jenn GRC	Vee GRC	Bree GRC	Jenn GRC	
4:45PM	Juliet GRC	Katharine GRC	Katrina GRC	Jenn GRC	Vee GRC	Bree GRC	Jenn GRC	
5:30PM	Katrina GRC	Katharine GRC	Bree GRC	Juliet GRC	Vee GRC	Bree GRC	Jenn GRC	
6:15PM	Katrina GRC	Karl GRC	Bree GRC	Juliet GRC	Victoria GRC			
7:00PM	Katrina GRC	Karl GRC	Bree GRC					

PILATES
NELSON MANDELA
 Group Reformer Studio, L3

GROUP REFORMER CLASS (GRC) CIRCUIT(GRC) BODY MECHANIC (GRC)

	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:30AM	Anne GRC - CIRCUIT	Rachel GRC	Jenn GRC	Juliet GRC - CIRCUIT	Prudence GRC		
7:15AM	Anne GRC - CIRCUIT	Rachel GRC	Jenn GRC	Juliet GRC - CIRCUIT	Prudence GRC	Jenn GRC	
8:00AM	Marian GRC	Rachel GRC	Rachel GRC	Jenn GRC	Melanie GRC	Jenn GRC - CIRCUIT	Prudence GRC
8:45AM	Marian GRC	Jodie GRC	Rachel GRC	Jenn GRC	Melanie GRC		
9:00AM						Jenn GRC	Prudence GRC
9:30AM	Jenn GRC	Melanie GRC	Rachel GRC	Jenn GRC	Melanie GRC		
9:45AM						Jenn GRC - CIRCUIT	Prudence GRC
10:30AM	Joanna GRC	Melanie GRC	Janet GRC	Jenn GRC	Melanie GRC	Victoria GRC	Prudence GRC
11:15AM	Jenn GRC	Melanie GRC	Janet GRC	Katrina GRC	Jodie GRC	Victoria GRC	Kate J GRC
4:15PM	Marian GRC	Katrina GRC	Jenn GRC	Juliet GRC	Victoria GRC		
5:00PM	Marian GRC	Katrina GRC	Karl Body Mechanics - GRC	Katrina GRC	Victoria GRC		
5:45PM	Marian GRC	Bree GRC	Karl GRC	Katrina GRC			
6:30PM	Prudence GRC	Bree GRC	Karl GRC				
7:15PM	Prudence GRC						

GROUP EXERCISE
MUHAMMAD ALI
 Exercise Studio, L2

REAL FITNESS KICKBOXING (RFK) DANCE PILATES MAT POWER LO MOVE STEP

	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:15AM			Gordie RFK	Fernando Power			
8:00AM						Melanie 8:00am Pilates Mat - 60min	
9:30AM	Imran Power	MJ RFK	MJ Power	Rafael RFK	Fernando Step	Dennan 9:00am RFK	Nat Power
10:30AM	Marian Lo Move				Marian Lo Move	MJ 10:00am Power	Imran Dance Fusion
2:30PM						Diego 4:00pm Zumba	
5:30PM	Carlos Zumba	MJ Power		Imran Zumba			
6:30PM	Nat Power	MJ RFK	Imran Dance Fusion	Gordie RFK			

SPIN
ALBERT EINSTEIN
 Spin Studio, L2

SPIN

	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
6:15AM	Janine Spin	Fernando Spin	MJ Spin	Rob Spin	MJ Spin		
7:15AM						Cheryl 7:15am Spin	
8:30AM	Cheryl Spin		Marian Spin	Cheryl Spin	Marian Spin	MJ 8:15am Spin	Marian 8:45am Spin
9:30AM	MJ Spin	Fernando Spin		Fernando Spin		MJ 9:00am Spin	
4:15PM						Marian 4:15pm Spin	
5:45PM	Paula Spin	Stephen Spin	Nat Spin	Stephen Spin			

AQUA & SWIM
AQUA SWIM SCHOOL

POOL L2	MON 19 Aug	TUE 20 Aug	WED 21 Aug	THU 22 Aug	FRI 23 Aug	SAT 24 Aug	SUN 25 Aug
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	2 Lanes Open Swim School	2 Lanes Open Swim School
8:30AM						2 Lanes 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	2 Lanes Open Swim School						
2:30PM		2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School	2 Lanes Open Swim School		
4:00PM	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		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-6.45	
6:00PM	2 Lanes Open Adult Swim Privates 6-8pm				All Lanes Open SWIM 5.30PM-7.45		
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						