

YOGA		HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH						
MIND BODY Yoga Studio, L2		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:15AM	Jess Z Strong Hatha - 60min			Yuki Flow Hatha - 60min		Catarina Flow Hatha - 60min		
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	Martine Strong Hatha - 60min	Don Flow Hatha - 60min	Don Flow Hatha - 60min	Don Flow Hatha - 60min	Gabriel Flow Hatha - 60min	Don Strong Hatha - 60min	Don Yin - 60min	
10:30AM	Martine Restorative	Juliet 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	
1:00PM	Yuki Flow Hatha - 60min	Gabriel Flow Hatha - 60min	Martine Flow Hatha - 60min	Aimee Flow Hatha - 60min				
2:00PM							Jenn Pilates - Introductory Course - 2hrs	
5:30PM	Juliet Pilates Mat	Imran Floor Barre						Domenica Restorative - 60min
6:30PM	Felicia Flow Hatha - 60min	Georgia Pilates Mat	Jess Z Strong Hatha - 60min	Katrina Pilates Mat				

YOGA		HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE YOGA WALL STRETCH SYNERGY VINYASA						
SIDDHARTHA GAUTAMA Yoga Studio, L3		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:05AM	No Class Moon Day		Martine Mysore - Ashtanga	Martine Mysore - Practice	Martine Mysore - Ashtanga			
8:00AM							Margaret Intermediate Iyengar	Martine Ashtanga Led - 90min
8:30AM		Terri Iyengar - 90min	Sophie J Iyengar - 90min			Terri Iyengar with Wall		
9:30AM	Terri Iyengar - 90min				Margaret Iyengar - 90min		Catherine S Synergy Vinyasa - 60min	Joss Synergy Vinyasa - 60min
10:30AM		Don Yoga Wall - 75min	Don Stretch - 60min					
11:00AM							Sophie J Iyengar - 75min	Yuki Flow Hatha - 60min
1:00PM						Sophie J Iyengar - 60min		
4:00PM								Danny Synergy Vinyasa - 60min
5:30PM	Domenica Yin - 60min	Vicki Stretch - 60min	Domenica Slow Hatha - 60min	Don Flow Hatha - 60min	Don Yoga Wall - 75min	Felicia Flow Hatha - 60min		
6:30PM	Margaret Iyengar - 90min	Gabriel Ashtanga Led - 90min	Margaret Invite Only			Felicia Restorative - 60min		

YOGA		SYNERGY VINYASA						
GANDHI Yoga Studio, L3		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
10:00AM						Bianca Synergy Vinyasa - 60min		

GROUP EXERCISE		REAL FITNESS KICKBOXING (RFK) DANCE FLOOR BARRE PILATES MAT POWER LO MOVE STEP						
MUHAMMAD ALI Exercise Studio, L2		MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:15AM				Denise RFK	Carlos Power			
8:00AM							Juliet 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	Jlenia Dance Fusion
12:30PM						Imran Floor Barre		
4:00PM							Jlenia 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 MAYA ANGELOU Centr Reformer Studio, L1	GROUP REFORMER CLASS (GRC) CIRCUIT (GRC) CHALLENGE (GRC) FOUNDATION(GRC)						
	MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:30AM	Jenn GRC	Janet GRC	Anne GRC	Georgia GRC	Janet GRC		
7:15AM	Jenn GRC	Janet GRC	Anne GRC	Georgia GRC	Janet GRC	Anne GRC	
8:00AM	Katrina GRC	Janet GRC	Anne GRC	Juliet GRC	Janet GRC	Anne GRC	Georgia GRC
8:45AM	Katrina GRC	Jenn GRC	Karl GRC	Marian GRC	Georgia GRC	Anne GRC	Georgia GRC
9:30AM	Katrina GRC	Jenn GRC	Karl GRC	Katrina GRC	Karl GRC	Juliet GRC	Juliet GRC - CHALLENGE
10:15AM	Jenn GRC	Jenn GRC	Karl GRC	Katrina GRC	Joanna GRC	Juliet GRC	Juliet GRC
11:00AM						Juliet GRC	Juliet GRC - CHALLENGE
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	Nycole GRC	Kate J GRC
1:00PM	Joanna GRC	Kate J GRC	Juliet GRC	Katharine GRC	Joanna GRC	Nycole GRC	Kate J GRC
4:00PM	Juliet GRC	Katharine GRC	Kate T GRC	Jenn GRC	Joanna GRC	Rachel GRC	Olivia GRC
4:45PM	Juliet GRC	Katharine GRC	Kate T GRC	Jenn GRC	Joanna GRC - CHALLENGE	Rachel GRC	Olivia GRC
5:30PM	Katrina GRC	Katharine GRC - CHALLENGE	Bree GRC	Juliet GRC - CHALLENGE	Joanna GRC	Rachel GRC	Olivia GRC
6:15PM	Katrina GRC - CHALLENGE	Karl GRC	Bree GRC	Juliet GRC	Georgia GRC		
7:00PM	Katrina GRC	Karl GRC	Bree GRC				

PILATES NELSON MANDELA Group Reformer Studio, L3	GROUP REFORMER CLASS (GRC) CIRCUIT (GRC) CHALLENGE (GRC)						
	MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:30AM	Anne GRC - CIRCUIT	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Juliet GRC - CIRCUIT	Prudence GRC		
7:15AM	Anne GRC - CIRCUIT	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Juliet GRC - CIRCUIT	Prudence GRC	Jenn GRC	
8:00AM	Janet GRC	Rachel GRC	Rachel GRC	Jenn GRC	Melanie GRC	Jenn GRC - CIRCUIT	Prudence GRC
8:45AM	Marian GRC	Jodie GRC	Rachel GRC - CHALLENGE	Jenn GRC - CHALLENGE	Melanie GRC		
9:00AM						Jenn GRC	Prudence GRC
9:30AM	Jenn GRC	Melanie GRC	Rachel GRC	Jenn GRC	Melanie GRC - CHALLENGE		
9:45AM						Jenn GRC - CIRCUIT	Prudence GRC
10:30AM	Joanna GRC	Melanie GRC	Janet GRC	Jenn GRC	Melanie GRC	Nycole GRC	Prudence GRC
11:15AM	Jenn GRC	Melanie GRC	Janet GRC	Katrina GRC	Jodie GRC	Nycole GRC	Kate J GRC
4:15PM	Marian GRC	Georgia GRC	Jenn GRC	Juliet GRC	Georgia GRC		
5:00PM	Marian GRC	Georgia GRC	Karl GRC	Katrina GRC	Georgia GRC		
5:45PM	Marian GRC	Bree GRC	Karl GRC	Katrina GRC			
6:30PM	Prudence GRC	Bree GRC	Karl GRC				
7:15PM	Prudence GRC						

SPIN ALBERT EINSTEIN Spin Studio, L2	SPIN						
	MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
6:15AM	Cheryl Spin	Imran Spin	MJ Spin	Laura Spin	MJ Spin		
7:15AM						Marian 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		Marian Spin		MJ 9:00am Spin	
12:30PM			Claire Spin				
4:15PM						MJ 4:15pm Spin	
5:45PM	Zena Spin	Stephen Spin	Nat Spin	Stephen Spin			

AQUA & SWIM
AQUA SWIM SCHOOL

POOL L2	MON 24 Feb	TUE 25 Feb	WED 26 Feb	THU 27 Feb	FRI 28 Feb	SAT 29 Feb	SUN 1 Mar
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	2 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	3 Lanes open Adult Swim Privates 6-8pm						
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						