

<b>YOGA</b>		<b>HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE PILATES MAT</b>						
<b>DALAI LAMA</b> Yoga Studio, L2		<b>MON</b> 26 Aug	<b>TUE</b> 27 Aug	<b>WED</b> 28 Aug	<b>THU</b> 29 Aug	<b>FRI</b> 30 Aug	<b>SAT</b> 31 Aug	<b>SUN</b> 1 Sep
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	Vicki Flow Hatha - 90min	Don Strong Hatha - 60min	Don Yin - 60min	
10:30AM	Martine Restorative - 60min	Juliet Pilates Mat - 60min	Katrina Pilates Mat			Don Stretch - 60min	Jess Z Stretch - 60min	Yuki 11:00am Flow Hatha - 60min
1:00PM	Yuki Flow Hatha - 60min	Madina Flow Hatha - 60min	Rebecca Flow Hatha - 60min		Aimee Flow Hatha - 60min	Martine Flow Hatha - 60min		
5:30PM	Joanna Pilates Mat							Martine Restorative - 60min
6:30PM	Felicia Flow Hatha - 60min	Katrina Pilates Mat	Jess Z Strong Hatha - 60min		Katrina Pilates Mat			

<b>YOGA</b>		<b>HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE YOGA WALL</b>						
<b>SIDDHARTHA GAUTAMA</b> Yoga Studio, L3		<b>MON</b> 26 Aug	<b>TUE</b> 27 Aug	<b>WED</b> 28 Aug	<b>THU</b> 29 Aug	<b>FRI</b> 30 Aug	<b>SAT</b> 31 Aug	<b>SUN</b> 1 Sep
6:15AM	Nicole Strong Hatha - 60min	Martine Ashtanga - 60min	Yuki Flow Hatha - 60min	Catarina Ashtanga - 60min	Bree Flow Hatha - 60min			
8:00AM							Terri 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			Sophie J 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	Yvette 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	Georgia Strong Hatha - 60min	Domenica Slow Hatha - 60min	Felicia Flow 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		Catarina Ashtanga - 60min						

<b>PILATES</b>		<b>GROUP REFORMER CLASS (GRC) CIRCUIT(GRC) BODY MECHANIC (GRC)</b>						
<b>MAYA ANGELOU</b> Centr Reformer Studio, L2		<b>MON</b> 26 Aug	<b>TUE</b> 27 Aug	<b>WED</b> 28 Aug	<b>THU</b> 29 Aug	<b>FRI</b> 30 Aug	<b>SAT</b> 31 Aug	<b>SUN</b> 1 Sep
6:30AM	Jenn GRC	Janet GRC	Anne GRC	Georgia GRC	Jenn GRC			
7:15AM	Jenn GRC	Janet GRC	Anne GRC	Georgia GRC	Jenn GRC	Anne GRC		
8:00AM	Katrina GRC	Janet GRC	Anne GRC	Juliet GRC	Jenn 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	Melanie GRC		Juliet GRC
10:15AM	Jenn GRC	Jenn GRC	Karl Body Mechanics - GRC	Katrina GRC	Georgia GRC	Melanie GRC		Juliet GRC
11:00AM						Melanie GRC		Juliet GRC
11:30AM	Juliet GRC	Rachel GRC	Rachel GRC	Katharine GRC	Georgia GRC			
12:15PM	Juliet GRC	Kate J GRC	Juliet GRC	Katharine GRC	Melanie GRC	Victoria GRC		Kate J GRC
1:00PM	Juliet GRC	Kate J GRC	Juliet GRC	Katharine GRC	Melanie GRC	Victoria GRC		Kate J GRC
4:00PM	Joanna GRC	Katharine GRC	Kate T GRC	Jenn GRC	Vee GRC	Joanna GRC		Katrina GRC
4:45PM	Joanna GRC	Katharine GRC	Kate T GRC	Jenn GRC	Vee GRC	Joanna GRC		Katrina GRC
5:30PM	Katrina GRC	Katharine GRC	Bree GRC	Juliet GRC	Vee GRC	Joanna GRC		Katrina GRC
6:15PM	Katrina GRC	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) BODY MECHANIC (GRC)

	MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
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	Janet GRC	Rachel GRC	Rachel GRC	Jenn GRC	Melanie GRC	Jenn GRC - CIRCUIT	Nycole GRC
8:45AM	Marian GRC	Jodie GRC	Rachel GRC	Jenn GRC	Melanie GRC		
9:00AM						Jenn GRC	Nycole GRC
9:30AM	Jenn GRC	Melanie GRC	Rachel GRC	Jenn GRC	Melanie GRC		
9:45AM						Jenn GRC - CIRCUIT	Nycole GRC
10:30AM	Juliet GRC	Melanie GRC	Janet GRC	Jenn GRC	Melanie GRC	Victoria GRC	Nycole 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	Georgia GRC		
5:00PM	Marian GRC	Katrina GRC	Karl Body Mechanics - 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						

**GROUP EXERCISE**
**MUHAMMAD ALI**  
 Exercise Studio, L2

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

	MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
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
12:30PM					Imran Floor Barre		
2:30PM						Diego 4:00pm Zumba	
5:30PM	Carlos Zumba	TBC Power		Imran Zumba			
6:30PM	Nat Power	Rafael RFK	Imran Dance Fusion	Gordie RFK			

**SPIN**
**ALBERT EINSTEIN**  
 Spin Studio, L2

## SPIN

	MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
6:15AM	Janine Spin	Fernando Spin	MJ Spin	Rob Spin	MJ Spin		
7:15AM						Cheryl 7:15am Spin	
8:30AM	Cheryl Spin		Fernando Spin	Rob Spin	Marian Spin	MJ 8:15am Spin	Marian 8:45am Spin
9:30AM	MJ Spin	Fernando Spin		Fernando Spin		MJ 9:00am Spin	
12:30PM			Cheryl Spin				
4:15PM						Marian 4:15pm Spin	
5:45PM	Paula Spin	Fernando Spin	Nat Spin	Stephen Spin			

**AQUA & SWIM**
**AQUA SWIM SCHOOL**

POOL L2	MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
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				Swim School Swim School - 3hrs		
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	Swim School Swim School - 1.5hrs	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						