

| YOGA MIND BODY Yoga Studio, L2 | HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH | | | | | | |
|--------------------------------------|---|-------------------------------|--------------------------------|-------------------------------|--------------------------------|--|---------------------------------|
| | 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 | 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 SIDDHARTHA GAUTAMA Yoga Studio, L3 | HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE YOGA WALL STRETCH SYNERGY VINYASA | | | | | | |
|---|---|---------------------------------|--------------------------------|------------------------------|--------------------------------|--|----------------------------------|
| | 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 | Felicia Flow Hatha - 60min | | |
| 6:30PM | Margaret Iyengar - 90min | Gabriel Ashtanga Led - 90min | Margaret Invite Only | Don Yoga Wall - 75min | Felicia Restorative - 60min | | |

| YOGA GANDHI Yoga Studio, L3 | SYNERGY VINYASA | | | | | | |
|-----------------------------------|-----------------|---------------|---------------|---------------|-----------------------------------|---------------|--------------|
| | 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 MUHAMMAD ALI Exercise Studio, L2 | REAL FITNESS KICKBOXING (RFK) DANCE FLOOR BARRE PILATES MAT POWER LO MOVE STEP | | | | | | |
|---|--|---------------|-----------------------|-----------------|----------------------|--------------------------------------|------------------------|
| | 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 | | | | | | |