

MARCH TIMETABLE

GLASS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM - 8AM HIIT BODY WITH MARK			7:30AM - 8AM CORE BODY WITH MARK	8AM-9AM BARRE/PILATES BODY WITH SVITLANA		
9AM - 10AM HATHA BODY WITH NEHA	9AM-10AM BARRE/PILATES BODY WITH SVITLANA	9AM-10AM VINYASA BODY WITH NEHA	9AM - 9:45AM TRX BODY WITH MARK 9AM-10AM BARRE/PILATES BODY WITH SVITLANA	9AM - 10AM HATHA BODY WITH MANON	9AM - 9:45AM TRX BODY WITH KRIS 9AM-10AM BARRE/PILATES BODY WITH SVITLANA	9AM - 10AM HATHA YOGA & MEDITATION WITH RANJAN 9AM-9:45AM HIIT BODY WITH MARK
10AM - 11AM PILATES MAT BODY WITH MARIANNA	10AM - 10:45AM ViPR BODY WITH MARK	10AM - 10:30AM CORE BODY WITH MARK		10AM - 11AM PILATES MAT BODY WITH MANON	10AM - 10:50AM CARDIO BOXING BODY WITH SHANE	
10AM-10:30AM CARDIO BOXING BODY WITH MARK	12PM - 12:30PM HIIT BODY WITH SHANE	5:30PM - 6PM ViPR BODY WITH SHANE	12PM - 12:30PM CORE BODY WITH SHANE	11AM - 11:45AM HIIT BODY WITH SHANE		
12PM - 12:30PM CORE BODY WITH SHANE				5PM - 5:50PM CARDIO BOXING BODY WITH SHANE	5PM - 5:45PM HIIT BODY WITH KRIS	
6PM - 6:45PM HIIT BODY WITH KRIS	6PM - 6:45PM CARDIO BOXING BODY WITH KRIS	6PM - 6:45PM TRX BODY WITH KRIS	6PM - 6:45PM CARDIO BOXING BODY WITH KRIS	6PM-6:45PM TRX BODY WITH KRIS		
		7PM - 7:50PM CARDIO BOXING BODY WITH SHANE				

GLASS STUDIO & OUTDOOR PREMIUM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM - 7AM GROUP STRENGTH & TRAINING WITH LEVEL UP		6AM - 7AM GROUP STRENGTH & TRAINING WITH LEVEL UP		6 AM - 7 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		
7AM - 8AM GROUP STRENGTH & TRAINING WITH LEVEL UP		7AM - 8AM GROUP STRENGTH & TRAINING WITH LEVEL UP		7 AM - 8 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		
8AM - 9AM GROUP STRENGTH & TRAINING WITH LEVEL UP		8AM - 9AM GROUP STRENGTH & TRAINING WITH LEVEL UP		8:15AM - 9:05PM BOSHFIT WITH GERHARD	8 AM - 9AM GROUP STRENGTH & TRAINING WITH LEVEL UP	
9:30 AM - 10:30 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		8:15AM - 9:05PM BOSHFIT WITH GERHARD				
		9:30 AM - 10:30 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		9:30 AM - 10:30 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		
4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD		4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD	4PM - 5PM YOUNG ATHLETES 5 - 7 YEARS OLD		1PM - 2PM YOUNG ATHLETES 5 - 7 YEARS OLD	
5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD		5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD	5PM - 6PM ADVANCED ATHLETES 8 - 12 YEARS OLD		2PM - 3PM ADVANCED ATHLETES 8 - 12 YEARS OLD	

REFORM STUDIO HEART & SOUL SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM - 7:55AM REFORMER WITH NATHALIE	8:00AM - 8:55AM REFORMER WITH MARIANNA	7:00AM - 7:55AM REFORMER WITH ROBERTA	8:00AM - 8:55AM REFORMER WITH ROBERTA	8:00AM - 8:55AM REFORMER WITH ROBERTA		8:00AM - 8:55AM REFORMER WITH ROBERTA
8:00AM - 8:55AM REFORMER WITH NATHALIE	9:00AM - 9:55AM REFORMER BEGINNERS WITH MARIANNA	9:00AM - 9:55AM REFORMER WITH FANI	9:00AM - 9:55AM REFORMER BEGINNERS WITH ROBERTA	9:00AM - 9:55AM REFORMER (LADIES ONLY) WITH ROBERTA	9:00AM - 9:55AM REFORMER WITH MARIANNA	9:00AM - 9:55AM REFORMER INTERMEDIATE WITH ROBERTA
9:00AM - 9:55AM REFORMER BEGINNERS WITH MARIANNA	10:00AM - 10:55AM REFORMER WITH NATHALIE	10:00AM - 10:55AM REFORMER BEGINNERS WITH FANI	10:00AM - 10:55AM REFORMER BEGINNERS WITH ROBERTA	10:00AM - 10:55AM REFORMER BEGINNERS WITH FANI		
10:00AM - 10:55AM REFORMER BEGINNERS WITH FANI	11:00AM - 11:55AM REFORMER WITH NATHALIE	11:00AM - 11:55AM REFORMER WITH MARIANNA	11:00AM - 11:55AM REFORMER WITH NATHALIE	11:00AM - 11:55AM REFORMER WITH NATHALIE		
11:00AM - 11:55AM REFORMER WITH MARIANNA	5:00PM - 5:55PM REFORMER WITH ROBERTA			12:00PM - 12:55PM REFORMER WITH NATHALIE		
6:30PM - 7:25PM REFORMER WITH ROBERTA	6PM - 6:55PM REFORMER (LADIES ONLY) WITH ROBERTA	6:30PM - 7:25PM REFORMER WITH ROBERTA				

REVIVE STUDIO HEART & SOUL SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				5PM - 6PM (14 TH MARCH) FULL MOON WITH ELIZABETH	5PM - 6PM (29 TH MARCH) NEW MOON WITH ELIZABETH	