

APRIL TIMETABLE

GLASS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM - 8AM HIIT BODY WITH MARK		7:30AM - 8:25AM HATHA FLOW WITH PIETRONELLA	7:30AM - 8AM CORE BODY WITH MARK	8AM - 8:55AM BARRE/PILATES BODY WITH SVITLANA		
9AM - 9:55AM HATHA BODY WITH NEHA	9AM - 9:55AM BARRE/PILATES BODY WITH SVITLANA	9AM - 9:55AM VINYASA BODY WITH NEHA	9AM - 9:45AM TRX BODY WITH MARK 9AM - 9:55AM BARRE/PILATES BODY WITH SVITLANA	9AM - 9:55AM HATHA BODY WITH MANON	9AM - 9:45AM TRX BODY WITH KRIS 9AM - 9:55AM BARRE/PILATES BODY WITH SVITLANA	9AM - 9:55AM HATHA YOGA & MEDITATION WITH RANJAN 9AM - 9:45AM HIIT BODY WITH MARK
10AM - 10:55AM PILATES MAT BODY WITH MARIANNA	10AM - 10:45AM ViPR BODY WITH MARK	10AM - 10:30AM CORE BODY WITH MARK	10AM - 10:55AM BARRE/PILATES BODY WITH SVITLANA	10AM - 10:55AM PILATES MAT BODY WITH MANON	11AM - 11:50AM CARDIO BOXING WITH ALVIN	10AM - 10:55 AM MUAY THAI WITH ZEINAB
10AM - 10:30AM CARDIO BOXING BODY WITH MARK	11AM - 11:45AM HIIT BODY WITH ALVIN	11:30 AM-12 PM ViPR BODY WITH MARK	12PM - 12:30PM CORE BODY WITH KRIS	2PM - 2:45PM HIIT BODY WITH MARK	12PM - 12:45PM CORE CONDITIONING WITH ALVIN	
11AM - 11:55AM MUAY THAI WITH ALVIN	12PM - 12:45PM CORE HIGH AND LOW WITH ALVIN	6PM - 6:55PM MOBILITY FLOW WITH NEHA		5PM - 5:45PM TRX BODY WITH KRIS	5PM - 5:45PM HIIT BODY WITH KRIS	
12PM - 12:45PM CORE CONDITIONING WITH ALVIN	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 HIIT BODY WITH KRIS		7PM - 7:50PM CARDIO BOXING BODY WITH KRIS				

GLASS STUDIO & OUTDOOR PREMIUM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM - 7 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		6 AM - 7 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		6 AM - 7 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		
7 AM - 8 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		7 AM - 8 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		7 AM - 8 AM GROUP STRENGTH & TRAINING WITH LEVEL UP		
8 AM - 9AM GROUP STRENGTH & TRAINING WITH LEVEL UP		8 AM - 9AM GROUP STRENGTH & TRAINING WITH LEVEL UP		8:15AM - 9:05PM BOSHFIT WITH GERHARD	8 AM - 9 AM 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	9AM - 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	11AM - 11:55AM REFORMER WITH MARIANNA	11:00AM - 11:55AM REFORMER WITH NATHALIE	11:00AM - 11:55AM REFORMER WITH NATHALIE		
11AM - 11:55AM REFORMER WITH MARIANNA	5 PM - 5: 55PM REFORMER WITH ROBERTA		12:00PM - 12:55PM REFORMER (LADIES ONLY) WITH NATHALIE	12:00PM - 12:55PM REFORMER WITH NATHALIE		
6:30PM - 7:25PM REFORMER WITH ROBERTA	6 PM - 6: 55PM REFORMER (LADIES ONLY) WITH ROBERTA	6:30PM - 7:25PM REFORMER WITH ROBERTA				

*ADDITIONAL FEE FOR CLASSES IN GREEN

*PRE BOOKING IS ESSENTIAL