



# Class Studio Timetable

■ Cardio

■ Mind & Body

|           | MON  | TUE                                    | WED                                  | THU                                   | FRI                                  |
|-----------|--|--|--------------------------------------|---------------------------------------|--------------------------------------|
| MORNING   |  | <b>V - Hiit</b><br>7:30 · 30 mins      | <b>V - Hiit</b><br>7:30 · 30 mins    | <b>V - Hiit</b><br>7:30 · 30 mins     |                                      |
| AFTERNOON | <b>V - Hiit</b><br>12:30 · 30 mins                   | <b>V - Hiit</b><br>12:30 · 30 mins     | <b>V - Hiit</b><br>12:30 · 30 mins   | <b>V - Hiit</b><br>12:30 · 30 mins    | <b>V - Hiit</b><br>12:30 · 30 mins   |
|           |  | <b>Power Yoga</b><br>12:30 · 45 mins   | <b>Breathwork</b><br>12:30 · 45 mins | <b>Mat Pilates</b><br>12:30 · 45 mins | <b>Hatha Yoga</b><br>13:00 · 45 mins |
| EVENING   | <b>V - Hiit</b><br>17:30 · 40 mins                   | <b>V - Hiit</b><br>17:30 · 40 mins     | <b>V - Hiit</b><br>17:30 · 40 mins   |                                       |                                      |
|           | <b>Percussion Stretch Therapy</b><br>18:00 · 60 mins | <b>Vinyasa Yoga</b><br>18:00 · 60 mins | <b>Power Yoga</b><br>18:00 · 60 mins |                                       |                                      |