

# Weekly Schedule- Group Sessions

ATHLOS

MON

TUE

WED

THU

FRI

SAT

SUN

|             |                   |                   |                   |                   |                   |                   |                   |
|-------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 7:00 - 8:00 |                   | Full Body Circuit |                   |                   | Full Body Circuit |                   |                   |
| 9:00-10:00  |                   | Fusion Pilates    | Fusion Pilates    | Full Body Circuit |                   |                   |                   |
| 10:00-11:00 |                   |                   |                   |                   | Fusion Pilates    |                   |                   |
| 11:00-12:00 | Full Body Circuit |                   | Full Body Circuit |                   |                   | Full Body Circuit | Full Body Circuit |
| 12:00-13:00 |                   |                   |                   |                   |                   | Pure Yoga         |                   |
| 13:00-14:00 |                   |                   |                   |                   |                   |                   | Fusion Pilates    |
| 17:00-18:00 |                   |                   | Full Body Circuit |                   |                   |                   |                   |
| 18:00-19:00 |                   |                   |                   |                   | Full Body Circuit |                   |                   |
| 19:00-20:00 | Full Body Circuit | Pure Yoga         |                   |                   |                   |                   |                   |
| 20:00-21:00 |                   | Full Body Circuit |                   | Fusion Pilates    |                   |                   |                   |
| 21:00-22:00 |                   |                   |                   | Full Body Circuit |                   |                   |                   |