

Weekly Schedule- Group Sessions

ATHLOS

MONTUEWEDTHUFRI SATSUN

7:30- 8:00		Full Body Circuit			Full Body Circuit		
8:00-9:00		Pure Yoga					
9:00-10:00		Aqua Flow		Full Body Circuit			
10:00-11:00		Fusion Pilates			Fusion Pilates	Pure Yoga	
11:00-12:00	Full Body Circuit		Full Body Circuit	Fusion Pilates		Fusion Pilates	Full Body Circuit
12:00-13:00						Full Body Circuit	
13:00-14:00							Fusion Pilates
17:00-18:00	Full Body Circuit		Full Body Circuit	Aqua Flow			
18:00-19:00			Fusion Pilates		Full Body Circuit		
19:00-20:00	Full Body Circuit						
20:00-21:00		Full Body Circuit		Fusion Pilates	Full Body Circuit		
21:00-22:00				Full Body Circuit			