

Weekly Schedule - Group Classes

ATHLOS

MONTUEWEDTHUFRI SATSUN

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