

MORNING	
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AFTERNOON	

	COMMENCING MONDAY 14TH OCTOBER						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	BURN	BURN	BURN		BURN		
6:00am					REFORMER PILATES		
		VIRTUAL SPIN		VIRTUAL SPIN	VIRTUAL SPIN		
6:15am	THE TRIP						
6:30am	BURN		BURN	BURN	BURN		
7:00am	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES			
7:15am	VINYASA FLOW (WARM)						
7:30am		BURN		BURN		BOXING	
8:00am			VINYASA FLOW (WARM)				
8:30am						THE TRIP	BURN
			2000		2000	BURN	
9:30am	BURN	THE TRIP	BURN	THE TRIP	BURN DEFORMED BILLATES	BURN	THE TRIP
	REFORMER PILATES	REFORMER PILATES POWER FLOW (HOT)	REFORMER PILATES	REFORMER PILATES AERIAL YOGA	REFORMER PILATES	REFORMER PILATES VINYASA FLOW (WARM)	REFORMER PILATES HOT YOGA – SLOW FLOW
10:30am		FOWER PLOW (HOT)		BOXING	RESTORATIVE YOGA	REFORMER PILATES	HOT TOGA - SLOW FLOW
10.304111				Волич	RESTORATIVE TOGA	MAT PILATES (HOT)	
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12:15pm	BOXING						
12:30pm	VIRTUAL SPIN		VIRTUAL SPIN	MEDITATION	VIRTUAL SPIN		
	MEDITATION						
4:00pm							YIN YOGA (HOT)
4:30pm	VIRTUAL SPIN		VIRTUAL SPIN		VIRTUAL SPIN		
5:30pm	BURN	BURN	BURN	YIN YOGA (WARM)			
	REFORMER PILATES	REFORMER PILATES	REFORMER PILATES				
	AERIAL YOGA						
6:00pm		AERIAL YOGA	SLOW FLOW YOGA (HOT)				
			THE TRIP		VIRTUAL SPIN		
6:30pm	BURN	BOXING	BURN	BOXING			
	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES	REFORMER PILATES		
		SPIN					
6:40pm	HOT MAT PILATES (HOT)	<u> </u>					
	20.11841 FIEMES (1101)	VIRTUAL SPIN		VIRTUAL SPIN			
7:00pm			VIN VOCA	VIKTOAL SPIN			
7:15pm	255021125211125	VINYASA FLOW (WARM)	YIN YOGA				
7:30pm	REFORMER PILATES						

BURN Studio REFORMER Studio YOGA Studio CRUZ Studio



