

From May 26th to June 1st 2025

From May 26th to June 1st 2025			
Monday		Thursday	
Soft yoga (60 min) Fat-burning cardio (30 min) Stretching (30 min) Aqua Yoga (30 min) Circuit Training (30 min) Yoga Yin (60 min)	07:15 am 11.45 am 12.15 am 1.20 pm 6.15 pm 7:30 pm	Aqua training (30 min) Lower body (30 min) training Stretching (30 min)	8.00 am 9.00 am 11.45 am 12.15 pm 7.00 pm
Tuesday		Friday	
Circuit Training (30 min) Thighs/Abs/Glutes (30 min) Aqua training (30 min) Pilates (45min) Cardio Barre (60 min)	8.00 am 12.00 pm 5.00 pm 6.15 pm 7.15 pm	Soft Yoga (60 min) Aqua Training (30 min) Thighs/Abs/Glutes (30 min) Aquatic HIT (45 min) Body weight (30 min)	8.30 am 9.30 am 12.00 am 12.30 pm 6.45 pm
Wednesdo	ıy	Saturday	
Upper body training (30 min) Aquatic HIIT (45 min) Abs/Glutes (30 min) Dynamic Yoga (60 min)	11.30 am 12.30 pm 7.00 pm 7.30 pm	Aqua Training (30 min) Pilates (45 min) Stretching (30 min) Fat-burning Cardio (30 min) Aqua Training (30 min) Thighs/Abs/Glutes (45 min)	8.30 am 9.15 am 10.00 am 11.30 am 12.15 pm 6.00 pm

### Sunday

Yoga yin (60 min)	8.30 am
Fit Yoga (60 min)	10.30 am
Stretching (30 min)	12.30 pm
Fat-burning	5.45 pm
cardio (30 min)	·
Stretching (30 min)	6.15 pm



From June 2<sup>nd</sup> to June 8<sup>th</sup> 2025

Monday		Thursday	
Soft yoga (60 min)	07:15 am	Fit Yoga (60 min)	3.00 am
Fat-burning cardio (30 min)	11.45 am		P.00 am
Stretching (30 min)	12.15 am	Lower body (30 min) 1	1.45 am
Aqua Yoga (30 min)	1.20 pm	training	
Circuit Training (30 min)	6.15 pm	9 1	2.15 pm
Yoga Yin (60 min)	7:30 pm	Thighs/Abs/ (45 min) 7 Glutes	7.00 pm
Tuesday		Friday	
Circuit Training (30 min)	8.00 am	Soft Yoga (60 min)	8.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm	Aqua Training (30 min)	9.30 am
Aqua training (30 min)	5.00 pm	Thighs/Abs/Glutes (30 min)	12.00 am
Pilates (45min)	6.15 pm	Aquatic HIT (45 min)  Body weight (30 min)	12.30 pm 6.45 pm
Cardio Barre (60 min)	7.15 pm	Body Weight (30 mm)	0.40 pm
Wednesday	y	Saturday	
Upper body training (30 min)	11.45 am	Aqua Training (30 min)	8.30 am
Aquatic HIIT (45 min)	12.30 pm	Pilates (45 min)	9.15 am
Abs/Glutes (30 min)	7.00 pm	Stretching (30 min)	10.00 am
Dynamic Yoga (60 min)	7.30 pm	Fat-burning Cardio (30 min)	11.30 am
		Agua Training (30 min)	12.15 pm
		Thighs/Abs/Glutes (45 min)	6.00 pm
	Sur	nday	

Yoga yin (60 min)

Fit Yoga (60 min)

Fat-burning

cardio (30 min)

Stretching (30 min)

Stretching (30 min)

8.30 am

10.30 am

12.30 pm

5.45 pm



From June 9<sup>th</sup> to June 15<sup>th</sup> 2025

Monday		Thursday	
Soft yoga (60 min)	07:15 am	Fit Yoga (60 min)	8.00 am
Fat-burning cardio (30 min)	11.45 am	3 (00)	9.00 am
Stretching (30 min)	12.15 am		11.45 am
Aqua Yoga (30 min)	1.20 pm	training Stretching (30 min)	12.15 pm
Circuit Training (30 min) Yoga Yin (60 min)	6.15 pm 7:30 pm		7.00 pm
rega IIII (se iiii)	7.00 pm	Glutes	
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Tuesday		Friday	
Circuit Training (30 min)	8.00 am	Soft Yoga (60 min)	8.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm	Aqua Training (30 min)	9.30 am
Aqua training (30 min) Pilates (45min)	5.00 pm	Thighs/Abs/Glutes (30 min) Aquatic HIT (45 min)	12.00 am 12.30 pm
Cardio Barre (60 min)	6.15 pm 7.15 pm	Body weight (30 min)	6.45 pm
carate parts (comm)	7.13 pm		
Wednesday		Saturday	
•		Acus Training (00 )	8.30 am
Upper body training (30 min)	11.45 am	Aqua Training (30 min) Pilates (45 min)	9.15 am
Aquatic HIIT (45 min) Abs/Glutes (30 min)	12.30 pm	Stretching (30 min)	10.00 am
Dynamic Yoga (60 min)	7.00 pm 7.30 pm	Fat-burning	
	, , , , , , , , , , , , , , , , , , ,	Cardio (30 min)	11.30 am
		Aqua Training (30 min)	12.15 pm
		Thighs/Abs/Glutes (45 min)	6.00 pm
	Sunday		

Yoga yin (60 min)

Fit Yoga (60 min)

Fat-burning

cardio (30 min)

Stretching (30 min)

Stretching (30 min)

8.30 am

10.30 am

12.30 pm

5.45 pm



From June 16<sup>th</sup> to June 22<sup>nd</sup> 2025

Monday		Thursday	
Soft yoga (60 min) Fat-burning cardio (30 min) Stretching (30 min) Aqua Yoga (30 min) Circuit Training (30 min) Yoga Yin (60 min)	07:15 am 11.45 am 12.15 am 1.20 pm 6.15 pm 7:30 pm	Fit Yoga (60 min) Aqua training (30 min) Lower body (30 min) training Stretching (30 min) Thighs/Abs/ (45 min) Glutes	8.00 am 9.00 am 11.45 am 12.15 pm 7.00 pm
Tuesday		Friday	
Circuit Training (30 min) Thighs/Abs/Glutes (30 min) Aqua training (30 min) Pilates (45 min) Cardio Barre (60 min)	8.00 am 12.00 pm 5.00 pm 6.15 pm 7.15 pm	Soft Yoga (60 min) Aqua Training (30 min) Thighs/Abs/Glutes (30 min) Aquatic HIT (45 min) Body weight (30 min)	8.30 am 9.30 am 12.00 am 12.30 pm 6.45 pm
Wednesday	,	Saturday	
Upper body training (30 min) Aquatic HIIT (45 min) Abs/Glutes (30 min) Dynamic Yoga (60 min)	11.45 am 12.30 pm 7.00 pm 7.30 pm	Aqua Training (30 min) Pilates (45 min) Stretching (30 min) Fat-burning Cardio (30 min) Aqua Training (30 min) Thighs/Abs/Glutes (45 min)	8.30 am 9.15 am 10.00 am 11.30 am 12.15 pm 6.00 pm
	Sunday		
	Yoga yin (60 min)	8.30 am	

Fit Yoga (60 min)

Fat-burning

cardio (30 min)
Stretching (30 min)

Stretching (30 min)

10.30 am

12.30 pm

5.45 pm



From June 23rd to June 29<sup>th</sup> 2025

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Monday		Thursday	
Soft yoga (60 min)	07:15 am	Fit Yoga (60 min)	8.00 am
Fat-burning cardio (30 min)	11.45 am	Aqua training (30 min)	9.00 am
Stretching (30 min)	12.15 am	Lower body (30 min)	11.45 am
Aqua Yoga (30 min) Circuit Training (30 min)	1.20 pm 6.15 pm	training Stretching (30 min)	12.15 pm
Yoga Yin (60 min)	7:30 pm	Thighs/Abs/ (45 min)	7.00 pm
	'	Glutes	
Tuesday		Friday	
Toosaay		Triday	
Circuit Training (30 min)	8.00 am	Soft Yoga (60 min)	8.30 am
Thighs/Abs/Glutes (30 min)	12.00 pm	Aqua Training (30 min) Thighs/Abs/Glutes (30 min)	9.30 am 12.00 am
Aqua training (30 min) Pilates (45min)	5.00 pm 6.15 pm	Aquatic HIT (45 min)	12.30 pm
Cardio Barre (60 min)	7.15 pm	Body weight (30 min)	6.45 pm
Wednesday	y	Saturday	
Upper body training (30 min)	11.45 am	Aqua Training (30 min)	8.30 am
Aquatic HIIT (45 min)	12.30 pm	Pilates (45 min)	9.15 am
Abs/Glutes (30 min)	7.00 pm	Fat-burning Cardio (30 min)	11.30 am
Dynamic Yoga (60 min)	7.30 pm	Aqua Training (30 min)	12.15 pm
		Thighs/Abs/Glutes (45 min)	6.00 pm
	Sunday		

Yoga yin (60 min) 8.30 am Fit Yoga (60 min) 10.30 amStretching (30 min) 12.30 pm Fat-burning cardio (30 min) 5.45 pm Stretching (30 min) 6.15 pm



#### **INSPIRING WELLBEING**

#### **CLASS SCHEDULE**

From June  $30^{th}$  to July  $6^{th}$  2025

Monday		Thursday	
Soft yoga (60 min) Stretching (30 min) Aqua Yoga (30 min) Circuit Training (30 min) Yoga Yin (60 min)	07:15 am 12.15 am 1.20 pm 6.15 pm 7:30 pm	Fit Yoga (60 min) Aqua training (30 min) Lower body (30 min) training Stretching (30 min) Thighs/Abs/ (45 min) Glutes	8.00 am 9.00 am 11.45 am 12.15 pm 7.00 pm
Tuesday		Friday	
Circuit Training (30 min) Thighs/Abs/Glutes (30 min) Aqua training (30 min) Pilates (45min) Cardio Barre (60 min)	8.00 am 12.00 pm 5.00 pm 6.15 pm 7.15 pm	Soft Yoga (60 min) Aqua Training (30 min) Thighs/Abs/Glutes (30 min) Aquatic HIT (45 min) Body weight (30 min)	8.30 am 9.30 am 12.00 am 12.30 pm 6.45 pm
Wednesda	у	Saturday	
Upper body training (30 min) Aquatic HIIT (45 min)	11.45 am 12.30 pm	Aqua Training (30 min) Pilates (45 min)	8.30 am 9.15 am
Abs/Glutes (30 min)  Dynamic Yoga (60 min)	7.00 pm 7.30 pm	Fat-burning Cardio (30 min) Aqua Training (30 min) Thighs/Abs/Glutes (45 min)	11.30 am 12.15 pm 6.00 pm
	Sunday		
	Yoga yin (60 min)	8.30 am	

Fit Yoga (60 min)

Fat-burning cardio (30 min)

Stretching (30 min)

Stretching (30 min)

10.30 am

12.30 pm

5.45 pm