

| sunday                                      |                   |                               |   | Monday  |                                    |                                      |  | Tuesday                                |          |   |   |
|---|-------------------|-------------------------------|---|---|------------------------------------|--------------------------------------|--|--|----------|---|---|
| STUDIO 1                                    | STUDIO 2          | STUDIO 3                      | STUDIO 4                                    | STUDIO 1  | STUDIO 2                           | STUDIO 3                             | STUDIO 4                                       | STUDIO 1                               | STUDIO 2 | STUDIO 3  | STUDIO 4  |
|   |                   |                               |   |   |                                    | <b>X-Fit</b><br>Viviane<br>8:30-9:15 | Reformer 1<br>Ha<br>8:00-9:00                  | Booty Barre<br>Antonia/Ha<br>8:00-8:45 |          | WeightLoss<br>Circuit<br>Viviane<br>8:30-9:30   |   |
| Pilates<br>Workout<br>Antonia<br>9:00-10:00 |                   |                               | Reformer 1,2<br>Sandra<br>9:00-10:00        | STOTT<br>PILATES<br>Denise<br>9:00-10:00              | Power Yoga<br>Debbie<br>9:00-10:15 | TRX<br>Viviane<br>9:30-10:15         | Reformer 1,2<br>Ha<br>9:00-10:00               | HIIT Pilates<br>Malicah<br>9:00-10:00  |          | TRX<br>Level 2<br>Antonia<br>9:30-10:15         | Reformer 1,2<br>Ha<br>9:00-10:00                |
| The Barre<br>Class<br>Liris<br>10:00-11:00  |                   |                               | Reformer 1,2<br>Antonia<br>10:00-11:00      |   |                                    |                                      | Reformer 1,2<br>Denise<br>10:00-11:00          | Latino Cardio<br>Liris<br>10:00-11:00  |          |   | Reformer 1,2<br>Denise<br>10:00-11:00           |
|   |                   |                               | Reformer<br>Intro<br>Antonia<br>11:00-11:30 |   |                                    | BodyFirm<br>Viviane<br>11:00-12:00   | Prenatal<br>Reformer<br>Ha<br>11:00-12:00      |  |          | WeightLoss<br>Circuit<br>Viviane<br>11:00-12:00 |   |
| Personal Training                           |                   |                               |   | Personal Training                                     |                                    |                                      | Rehabilitation<br>Reformer<br>H<br>12:00-13:00 | Personal Training                      |          |   |   |
| STUDIO 1                                    | STUDIO 2          | STUDIO 3                      | STUDIO 4                                    | STUDIO 1  | STUDIO 2                           | STUDIO 3                             | STUDIO 4                                       | STUDIO 1                               | STUDIO 2 | STUDIO 3  | STUDIO 4  |
|   |                   | TRX<br>Viviane<br>16:15-17:00 |   | Personal Training                                     |                                    |                                      | TRX<br>Viviane<br>16:15-17:00                  | Personal Training                      |          |   | WeightLoss<br>Circuit<br>Viviane<br>16:15-17:15 |
|   | Personal Training |                               | Reformer 1,2<br>Antonia<br>17:30-18:30      |   |                                    |                                      |  | Personal Training                      |          | TRX<br>Viviane<br>17:15-18:00                   | Reformer 1,2<br>Denise<br>17:30-18:30           |
| Booty Barre<br>Antonia<br>18:30-19:30       |                   |                               |   | Pilates<br>Workout<br>Antonia/<br>Lucy<br>18:30-19:30 |                                    |                                      |  | Total Barre<br>Denise<br>18:30-19:30   |          |   |   |
|   |                   |                               |   |   |                                    |                                      | Reformer 1,2<br>Lucy<br>19:30-20:30            | Zumba<br>Ines / Nena<br>19:30-20:30    |          |   | Reformer 1,2<br>Denise<br>19:30-20:30           |

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