

SCHEDULE**NOVEMBER 2020**

	TIMING	DESCRIPTION OF CLASS		INSTRUCTOR
Monday	12:00 -1.00 am	Mat Pilates	Pilates	Yvonne
Tuesday	5.30pm-6.00pm	<i>Power Yoga</i>	Yoga	Karina
Wednesday	12:00 -1.00 am	<i>Grounding & Immunity Yoga</i>	Yoga	Renu Bhatia
Thursday	5.30pm-6.30pm	<i>Mat Pilates</i>	Pilates	Yvonne
Friday	6.00pm-7.00pm	<i>Detox Yoga</i>	Yoga	Renu
Saturday	9.00 am-10.00am	<i>Mat Pilates</i>	Pilates	Yvonne
Sunday	9.30am-10.30am	<i>Fusion Pilates</i>	Pilates	Cristina