

# ALL STUDIOS AND POOL TIMETABLE

## MONDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 07.35	WOD - 20	Power	Jason	All
07.35 – 07.55	WOD - 20	Power	Jason	All
07.55 – 08.15	WOD - 20	Power	Jason	All
09.00 – 09.20	WOD - 20	Power	Team	All
09.20 – 09.40	WOD - 20	Power	Team	All
09.40 – 10.00	WOD - 20	Power	Team	All
9.30 – 09.50	Mat Pilates- 20	Peace	Marilena	All
9.50 – 10.10	Mat Pilates- 20	Peace	Marilena	All
10.10 – 10.30	Mat Pilates- 20	Peace	Marilena	All
10.30 – 10.50	Cycle – 20	Power	Pauw	All
10.50 – 11.10	Cycle – 20	Power	Pauw	All
11.10 – 11.30	Cycle – 20	Power	Pauw	All
10.45 – 11.05	Mat Pilates- 20	Peace	Marilena	All
11.05 – 11.25	Mat Pilates- 20	Peace	Marilena	All
11.25 – 11.45	Mat Pilates- 20	Peace	Marilena	All
18.30 – 18.50	Cycle – 20	Power	Pauw	All
18.50 – 19.10	Cycle – 20	Power	Pauw	All
19.10 – 19.30	Cycle – 20	Power	Pauw	All
18.30 – 18.50**	Reformer - 20	Reformer	Morena	All
18.50 – 19.10**	Reformer - 20	Reformer	Morena	All
19.10 – 19.30**	Reformer - 20	Reformer	Morena	All

## TUESDAY

TIME	CLASS	STUDIO	INST	LEVEL
09:00 – 09:20 **	Reformer - 20	Reformer	Rene	All
09:20 – 09:40 **	Reformer - 20	Reformer	Rene	All
09:40 – 10:00 **	Reformer - 20	Reformer	Rene	All
09.30 – 09.50	Cycle – 20	Power	Tanya	Adv
09.50 – 10.10	Cycle – 20	Power	Tanya	Adv
10.10 – 10.30	Cycle – 20	Power	Tanya	Adv
10.15 – 10.35**	Reformer - 20	Reformer	Rene	All
10.35 – 10.55**	Reformer - 20	Reformer	Rene	All
10.55 – 11.15**	Reformer - 20	Reformer	Rene	All
11.30 – 11.50**	Reformer - 20	Reformer	Rene	All
11.50 – 12.10**	Reformer - 20	Reformer	Rene	All
12.10 – 12.30**	Reformer - 20	Reformer	Rene	All
12.30 – 12.50	WOD - 20	Power	Kay	All
12.50 – 13.10	WOD - 20	Power	Kay	All
13.10 – 13.30	WOD - 20	Power	Kay	All
18.00 – 18.20	Mat Pilates- 20	Peace	Aga	All
18.20 – 18.40	Mat Pilates- 20	Peace	Aga	All
18.40 – 19.00	Mat Pilates- 20	Peace	Aga	All
18.30 – 18.50	WOD - 20	Power	Kay	All
18.50 – 19.10	WOD - 20	Power	Kay	All
19.10 – 19.30	WOD - 20	Power	Kay	All
19.30 – 19.50**	Reformer - 20	Reformer	Aga	All
19.50 – 20.10**	Reformer - 20	Reformer	Aga	All
20.10 – 20.30**	Reformer - 20	Reformer	Aga	All

## 20 min 1on1 Xpress

Wednesday 14<sup>th</sup> April – Sunday 16<sup>th</sup> May

## WEDNESDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 07.35	WOD - 20	Power	Jason	All
07.35 – 07.55	WOD - 20	Power	Jason	All
07.55 – 08.15	WOD - 20	Power	Jason	All
09.00 – 09.20	Mat Pilates- 20	Peace	Lida	All
09.20 – 09.40	Mat Pilates- 20	Peace	Lida	All
09.40 – 10.00	Mat Pilates- 20	Peace	Lida	All
09:00 – 09:20	WOD - 20	Power	Kay	All
09:20 – 09:40	WOD - 20	Power	Kay	All
09:40 – 10:00	WOD - 20	Power	Kay	All
09:00 – 09:20 **	Reformer - 20	Reformer	Aga	All
09:20 – 09:40 **	Reformer - 20	Reformer	Aga	All
09:00 – 10:00 **	Reformer - 20	Reformer	Aga	All
10.15 – 10.35	WOD - 20	Power	Jason	Adv
10.35 – 10.55	WOD - 20	Power	Jason	Adv
10.55 – 11.15	WOD - 20	Power	Jason	Adv
10.15 – 10.35**	Reformer - 20	Reformer	Aga	All
10.35 – 10.55**	Reformer - 20	Reformer	Aga	All
10.55 – 11.15**	Reformer - 20	Reformer	Aga	All
11.30 – 11.50**	Reformer - 20	Reformer	Aga	All
11.50 – 12.10**	Reformer - 20	Reformer	Aga	All
12.10 – 12.30**	Reformer - 20	Reformer	Aga	All
12.30 – 12.50	Cycle – 20	Power	Pauw	All
12.50 – 13.10	Cycle – 20	Power	Pauw	All
13.10 – 13.30	Cycle – 20	Power	Pauw	All
17.15 – 17.35	WOD -20	Power	Gonzalo	All
17.35 – 17.55	WOD -20	Power	Gonzalo	All
17.55 – 18.15	WOD -20	Power	Gonzalo	All
18.15 – 18.35	WOD - 20	Power	Tanya	All
18.35 – 18.55	WOD - 20	Power	Tanya	All
18.55 – 19.15	WOD - 20	Power	Tanya	All
18.30 – 18.50**	Reformer - 20	Reformer	Ivana	All
18.50 – 19.10**	Reformer - 20	Reformer	Ivana	All
19.10 – 19.30**	Reformer - 20	Reformer	Ivana	All
19.45 – 20.05**	Reformer - 20	Reformer	Ivana	All
20.05 – 20.25**	Reformer - 20	Reformer	Ivana	All
20.25 – 20.45**	Reformer - 20	Reformer	Ivana	All

## THURSDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 07.35	WOD - 20	Power	Kay	All
07.35 – 07.55	WOD - 20	Power	Kay	All
07.55 – 08.15	WOD - 20	Power	Kay	All
09.00 – 09.20	Mat Pilates	Peace	Tanya	All
09.20 – 09.40	Mat Pilates	Peace	Tanya	All
09.40 – 10.00	Mat Pilates	Peace	Tanya	All
09.15 – 9.35	WOD - 20	Power	Rene	All
09.35 – 9.55	WOD - 20	Power	Rene	All
09.55 – 10.15	WOD - 20	Power	Rene	All
09.00 – 09.20 **	Reformer - 20	Reformer	Lucy	All
09.20 – 09.40 **	Reformer - 20	Reformer	Lucy	All
09.40 – 10.00 **	Reformer - 20	Reformer	Lucy	All
10.15 – 10.35**	Reformer - 20	Reformer	Lucy	All
10.35 – 10.55**	Reformer - 20	Reformer	Lucy	All
10.55 – 11.15**	Reformer - 20	Reformer	Lucy	All
10.15 – 10.35	Cycle – 20	Power	Rene	All
10.35 – 10.55	Cycle – 20	Power	Rene	All
10.55 – 11.15	Cycle – 20	Power	Rene	All
10.30 – 10.50	Mat Pilates- 20	Peace	Marilena	All
10.50 – 11.10	Mat Pilates- 20	Peace	Marilena	All
11.10 – 11.30	Mat Pilates- 20	Peace	Marilena	All
11.30 – 11.50**	Reformer - 20	Reformer	Lucy	All
11.50 – 12.10**	Reformer - 20	Reformer	Lucy	All
12.10 – 12.30**	Reformer - 20	Reformer	Lucy	All
11.45 – 12.05	Mat Pilates- 20	Peace	Marilena	All
12.05 – 12.25	Mat Pilates- 20	Peace	Marilena	All
12.25 – 12.45	Mat Pilates- 20	Peace	Marilena	All
12.00 – 12.20	WOD - 20	Power	Team	All
12.20 – 12.40	WOD - 20	Power	Team	All
12.40 – 13.00	WOD - 20	Power	Team	All
18.30 – 18.50	WOD - 20	Power	Tanya	All
18.50 – 19.10	WOD - 20	Power	Tanya	All
19.10 – 19.30	WOD - 20	Power	Tanya	All
18.30 – 18.50**	Reformer - 20	Reformer	Morena	All
18.50 – 19.10**	Reformer - 20	Reformer	Morena	All
19.10 – 19.30**	Reformer - 20	Reformer	Morena	All

## FRIDAY

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 07.35	WOD - 20	Power	Jason	All
07.35 – 07.55	WOD - 20	Power	Jason	All
07.55 – 08.15	WOD - 20	Power	Jason	All
09.00 – 09.20	Mat Pilates- 20	Peace	Lida	All
09.20 – 09.40	Mat Pilates- 20	Peace	Lida	All
09.40 – 10.00	Mat Pilates- 20	Peace	Lida	All
09.00 – 09.20 **	Reformer - 20	Reformer	Lucy	All
09.20 – 09.40 **	Reformer - 20	Reformer	Lucy	All
09.40 – 10.00 **	Reformer - 20	Reformer	Lucy	All
10.15 – 10.35**	Reformer - 20	Reformer	Lucy	All
10.35 – 10.55**	Reformer - 20	Reformer	Lucy	All
10.55 – 11.15**	Reformer - 20	Reformer	Lucy	All
10.15 – 11.15	Hatha Yoga	Zoom	Giulia	All

<https://us02web.zoom.us/j/6881085790?pwd=Z1hEeWVCRZFwbzZSv1ZMbfDyVz>

10.30 – 10.50	Cycle – 20	Power	Pauw	All
10.50 – 11.10	Cycle – 20	Power	Pauw	All
11.10 – 11.30	Cycle – 20	Power	Pauw	All
11.30 – 11.50**	Reformer - 20	Reformer	Lucy	All
11.50 – 12.10**	Reformer - 20	Reformer	Lucy	All
12.10 – 12.30**	Reformer - 20	Reformer	Lucy	All

## SATURDAY

TIME	CLASS	STUDIO	INST	LEVEL
09.00 – 09.20	WOD - 20	Power	Kay	All
09.20 – 09.40	WOD - 20	Power	Kay	All
09.40 – 10.00	WOD - 20	Power	Kay	All
09.00 – 09.20	Mat Pilates- 20	Peace	Scott	All
09.20 – 09.40	Mat Pilates- 20	Peace	Scott	All
09.40 – 10.00	Mat Pilates- 20	Peace	Scott	All
09.00 – 09.20 **	Reformer - 20	Reformer	Aga	All
09.20 – 09.40 **	Reformer - 20	Reformer	Aga	All
09.00 – 10.00 **	Reformer - 20	Reformer	Aga	All
10.15 – 10.35**	Reformer - 20	Reformer	Aga	All
10.35 – 10.55**	Reformer - 20	Reformer	Aga	All
10.55 – 11.15**	Reformer - 20	Reformer	Aga	All
10.30 – 10.50	WOD - 20	Power	Kay	All
10.50 – 11.10	WOD - 20	Power	Kay	All
11.10 – 11.30	WOD - 20	Power	Kay	All

## SUNDAY

TIME	CLASS	STUDIO	INST	LEVEL
10.00 – 10.20	Cycle – 20	Power	Tanya	All
10.20 – 10.40	Cycle – 20	Power	Tanya	All
10.40 – 11.00	Cycle – 20	Power	Tanya	All
11.00 – 11.20	WOD – 20	Power	Tanya	All
11.20c– 11.40	WOD – 20	Power	Tanya	All
11.40 – 12.00	WOD – 20	Power	Tanya	All
11.30 – 11.50	Mat Pilates- 20	Peace	Aga	All
11.50 – 12.10	Mat Pilates- 20	Peace	Aga	All
12.10 – 12.30	Mat Pilates- 20	Peace	Aga	All