

GYM BOUTIQUE

GOLF PERALADA

INSTRUCTED CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 – 10:20		GAP		FULL BODY		YOGA
10:30 – 11:20		POWER YOGA		FLEXIBILITY		MINDFULNESS YOGA
17:30 – 18:30	FLEXIBILITY	PILATES	BODY TONE	GAC	FULL BODY TONE	
18:30 – 19:20	FUNCTIONAL	FULL BODY TONE	PILATES STRENGTH	PILATES + HYPOPRESSIVES	CORE/GLUTE	
19:30 – 20:20	FULL BODY	CORE TONE	YOGA/MOBILITY	CARDIO PUMP	POWER YOGA	