

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00	HATHA YOGA		EPPI PILATES FOR		GENERAL STRETCHING	Private classes by appointment	Private classes by appointment		
7:30			GENERAL PUBLIC						
8:00									
8:30			HATHA YOGA						
9:00	EPPI PILATES FOR								
9:30	GENERAL PUBLIC								
10:00									
10:30									
11:00									
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12:00									
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13:00									
13:30	EPPI PILATES FOR								
14:00	OAP								
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15:00									
15:30			BELLY DANCE						
16:00									
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18:00			BELLY DANCE		BELLY DANCE				
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19:30			ZUMBA		ZUMBA				
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TREATMENTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:00									
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9:00				Treatment	Treatment	By appointment			
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