

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	Hatha Yoga Kateryna(B)		HIIT Circuit Kateryna(A)	Burj Pump Kateryna (A)	HIIT Circuit Kateryna(A)		Hatha Yoga Kateryna (B)
12:00pm	Burj Tone Kateryna (A)			Stretching&Mobility Kateryna (A)		Burj Tone Kateryna (A)	
4:30pm	Stretching&Mobility Kateryna (A)		Hatha yoga Kateryna (B)		Stretching&Mobility Kateryna (A)		Hatha Yoga Kateryna (B)

A – Advance B – Beginner

Hatha Yoga is a 60-min practice that focuses on mindfulness and puts an emphasis on breath, posture, and meditation. It can help with raising mood levels and is practiced at a slower pace, with focus on controlled movements and stretching.

Burj tone is a 60-min strength training that involves exercises for upper and lower body.

Stretching & Mobility is a 45-min class that gives you group instructions for stretching your body from head to toes, muscle pain release, and movement quality improvement.

Burj Pump is a 45-min workout that's specifically designed to help you get lean and fit.

HIIT Circuit is a 45-min full body intensive workout to burn fat.