



Weekly Activity Timetable 1st - 31st March 2025

	Timing	Activity	Age	Trainer
Monday	08:00 - 09:00	Box Fit	18 y.o.	Patrick
	09:30 - 10:30	Satyananda Yoga	18 y.o.	Shashi
	12:30 - 13:30	Hatha Yoga	18 y.o.	Shashi
	16:00 - 17:00	Detox & Restore	18 y.o.	Shashi
	17:00 - 18:00	Power Class	18 y.o.	Maryina
Tuesday	08:00 - 09:00	LBT class (Leg, butt, tummy) Ladies Only	18 y.o.	Maryna
	09:30 - 10:30	Power Class	18 y.o.	Patrick
	12:30 - 13:30	Vinyasa Flow	18 y.o.	Shashi
	16:00 - 17:00	Satyananda	18 y.o.	Shashi
	17:00 - 18:00	Bootcamp	18 y.o.	Maryna
	19:30 - 20:30	Stretch	18 y.o.	Shashi
Wednesday	07:00 - 08:00	Energy Class	18 y.o.	Patrick
	08:00 - 09:00	Box Fit	18 y.o.	Patrick
	09:30 - 10:30	Hatha Yoga	18 y.o.	Shashi
	12:30 - 13:30	Warrior Flow	18 y.o.	Shashi
	16:00 - 17:00	Detox & Restore	18 y.o.	Shashi



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	Timing	Activity	Age	Trainer
Thursday	09:30 - 10:30	Box Fit	18 y.o.	Patrick
	12:30 - 13:30	Restorative Yin	18 y.o.	Shashi
	16:00 - 17:00	Pranayam & Meditation	18 y.o.	Shashi
	18:30 - 19:30	Power Class	18 y.o.	Patrick
	19:30 - 20:30	Mobility	18 y.o.	Shashi
Friday	08:00 - 09:00	Power Class	18 y.o.	Maryna
	09:30 - 10:30	Box Fit	18 y.o.	Patrick
	17:00 - 18:00	Energy Class	18 y.o.	Maryna
Sat	09:30 - 10:30	Energy Class	18 y.o.	Maryna
Sunday	09:30 - 10:30	Energy Class	18 y.o.	Maryna
	12:30 - 13:30	Warrior Flow	18 y.o.	Shashi
	16:00 - 17:00	Yoga Nidra	18 y.o.	Shashi
	17:00 - 18:00	LBT class (Leg, butt, tummy) Ladies Only	18 y.o.	Maryna
	19:30 - 20:30	Restorative Yin	18 y.o.	Shashi

NOTE: NO YOGA CLASS ON 9th and 16th MARCH.

CLASS BOOKING REQUIREMENTS

- Kindly note that class schedule may be adjusted during special events and holidays
- ADVANCE Booking is required for all classes.
- For us to provide a safe and well delivered class, please arrive 5 mins before the start of the class.
- Cancellations must be noted 12 hours prior to the class start time to avoid a cancellation fee.