

TALISE
FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00 AM	* Reformer Pilates 1:1 8:00 AM - 1:00 PM		* Reformer Pilates 1:1 8:00 AM - 1:00 PM	* Reformer Pilates 1:1 8:00 AM - 1:00 PM	* Reformer Pilates 1:1 8:00 AM - 1:00 PM		
09:00 AM		* Vinyasa Flow Andrea	* Reformer Pilates 1:1	* Reformer Pilates 1:1			*The Warrior Flow Allaoua
09:15 AM			Talise Fit Kateryna	* Reformer Pilates 1:1 8:00 AM - 1:00 PM	Upper Tone Kateryna	Mobility/Flexibility Kateryna	Circuit Kateryna
10:00 AM			* Reformer Pilates 1:1	* Reformer Pilates 1:1			*Active Stretch 10:30 AM
11:00 AM			* Reformer Pilates 1:1	* Reformer Pilates 1:1			
12:00 PM							
01:00 PM			Mobility/Flexibility Kateryna	Core Kateryna	Mobility/Flexibility Kateryna	Talise Fit Kateryna	Core Kateryna
02:00 PM						* Sound Healing Meditation with Charlie	*June 2nd Manifestation@ Sunset with Andera
03:00 PM							
03:30 PM							
05:30 PM			* Sound Healing Meditation with Charlie		* Yin Yoga5:30 PM Charlie	*Ladies Only Stretch yoga Dilnoza	
06:00 PM	*Ladies Only Sunset Yoga with Mish	*Ladies Only Special Community Class		* Power Yoga with Chris	* Sound Healing Meditation with Charlie	*Ladies Only: Aqua Stretch With Dilnoza 6:45 PM June 8 th	

* Paid Classes
The rest of the classes are complimentary