



TIMETABLE

(may change on short notice. Members will be notified.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Vinyasa Yoga 5:30am – 6:30 am	Pilates Hiit 5:30am -6:20 am		Pilates Sculpt 5:30am -6:20 am	Barre Sculpt 5:30am – 6:20am	
	FitBall Pilates 6:30 – 7:20 am	Pilates Sculpt 5:30am -6:20 am	Barre Sculpt 6:30 am – 7:20 am	Pilates Power 6:30 am – 7:20am	Stretch & Strength 6:30 am – 7:20am	
Pilates in the Park 7:00 –7:45 am						
Vinyasa Yoga 8:00 – 9:00 am						Jallabina FITNESS 9:00 – 10:00 am
Beginner Barre 9:00 – 9:50 am						
	Pilates Hiit 5:30 – 6:20pm	Pilates Power 5:30pm – 6:20pm	Pilates Sculpt 5:30pm – 6:20pm	Fit To Deliver (Prenatal Trimester 2/3) 5:30pm – 6:20pm		
	Stretch & Strength 6:30pm – 7:30pm	Yin Yoga 6:30pm -7:30 pm	Pilates Foundations (Beginner's Course in January 2021)	Pilates FitBall 6:30 – 7:20pm		