

	7:00 AM	11:00 AM	12.15 PM	6.30 PM	7.30 PM
MONDAY				HATHA YOGA YUKI	
TUESDAY	VINYASA YOGA RACHEL				<b>LES MILLS</b> <b>BODYBALANCE</b> DANIELLE
WEDNESDAY	HATHA YOGA NATASHA		<b>LES MILLS</b> <b>BODYBALANCE</b> VOON FOONG	HATHA YOGA NATASHA	<b>SHAPE</b> <i>INSPIRED BY PILATES</i> DANIELLE
THURSDAY				HATHA YOGA JASON	<b>BEND &amp; STRETCH</b> RONICIA
FRIDAY					<b>LES MILLS</b> <b>BODYBALANCE</b> DANIELLE
SATURDAY		11:00 AM HATHA YOGA (90 MINUTES) YUKI			
SUNDAY					