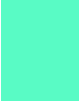


FITNESS TIMETABLE

MONDAY

 Pilates
6:30–7:20pm

TUESDAY

 Barre
6:30–7:15am

WEDNESDAY

 Pilates
9:30–10:20am

THURSDAY

 Barre
9:30–10:20am

 Barre
6:30–7:20pm

FRIDAY

 Stretch
11:00–11:50am

SATURDAY

 Barre
8:30–9:20am

2025

