

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 - 9:30 HATHA YOGA DIDEM	8:30 - 9:30 YIN YOGA DIDEM	8:30 - 9:15 AQUASPRINT ROLAND	7:00 - 7:45 SPIN ATTACK WEJDANE	8:30 - 9:15 AQUASTRENGTH ROLAND	8:30 - 9:15 AQUASPRINT ROLAND	8:30 - 9:15 AQUASTRENGTH ROLAND
9:00 - 9:45 AQUASTRENGTH ROLAND			8:30 - 9:15 YOGA ZEN WEJDANE	8:30 - 9:30 VINYASA DIDEM	9:00 - 9:45 BABY BALLET (2.5Y- 4Y)	9:30 - 10:15 PILATES WEJDANE
10:00- 10:45 AQUA PILATES WEJDANE	9:45 - 10:15 STABILITY WEJDANE	10:00 - 10:45 CORE WEJDANE		9:45 - 10:30 AQUA BOXING WEJDANE	9:45 - 10:30 BALLET (4Y-6Y)	11:00- 11:45 STRETCHING WEJDANE
11:00 - 11:45 POWER CIRCUIT WEJDANE					10:00 - 10:30 JIU - JITSU G1&G2 (4Y-6Y)	12:00 - 12:45 BABY BALLET (2.5Y- 4Y)
					11:00 - 12:00 JIU - JITSU G3	12:45 - 13:15 BALLET (4Y-6Y)
		11:00 - 11:45 POWER CIRCUIT ROLAND		11:00 - 11:45 POWER CIRCUIT RICHIE	11:00 - 11:45 POWER CIRCUIT RICHIE	13:15-14:00 BALLET (6Y-9)
					11:15 - 12:20 BALLET (9Y+)	14:00 - 15:00 BALLET ADULTS
	13:30 - 14:20 POWER CIRCUIT RICHIE		13:30 - 14:20 POWER CIRCUIT RICHIE		12:20 - 13:20 BALLET ADULTS	
16:00 - 17:00 JIU - JITSU G1	16:00 - 17:00 MMA G1	16:00 - 17:00 JIU - JITSU G1	16:00 - 17:00 MMA G1	16:00 - 17:00 JIU - JITSU G1		
16:00 - 16:45 BABY BALLET (2.5Y - 4Y)		16:00 - 16:45 BABY BALLET (2.5Y - 4Y)				
16:45 - 17:30 BALLET (4Y- 6Y)		16:45 - 17:30 BALLET (4Y- 6Y)				
17:00 - 18:00 JIU - JITSU G2	17:00 - 18:00 MMA G2	17:00 - 18:00 JIU - JITSU G2	17:00 - 18:00 MMA G2	17:00 - 18:00 JIU - JITSU G2		
17:30 - 18:30 BALLET (6Y - 9Y)		17:30 - 18:30 BALLET (6Y - 9Y)				
18:00 - 19:00 JIU - JITSU G3	18:00 - 19:00 MMA G3	18:00 - 19:00 JIU - JITSU G3	18:00 - 19:00 MMA G3	18:00 - 19:00 JIU - JITSU G3		
18:30- 19:15 AQUASPRINT RICHIE	18:30- 19:15 POWER CIRCUIT RICHIE	18:30- 19:15 AQUASTRENGTH RICHIE	18:30- 19:15 POWER CIRCUIT RICHIE	18:30- 19:15 AQUASPRINT RICHIE		
18:30 - 19:30 BALLET (9Y+)		18:30 - 19:30 BALLET (9Y+)	19:00 - 19:45 SPIN ATTACK WEJDANE			
19:00 - 20:00 VINYASA DIDEM		19:30 - 20:30 BALLET ADULTS				
19:30 - 20:30 BALLET ADULTS						

AQUA SPRINT

The latest revolutionary aqua exercise - a high intensity workout, but gentle on joints, burns calories and keeps you cool

AQUA STRENGTH

A circuit training program, utilizing waterbikes and other equipment in order to combine strength and cardio

AQUA BOXING

Meant to improve strength and stamina, punching bags can strengthen cardiovascular and muscular endurance, while improving speed, agility and striking technique in one simple exercise

AQUA PILATES

It is designed to increase flexibility, core strength, balance and stability. In addition to your heart and muscles, working out in water is also great for your internal organs and lymphatic system

PILATES

A system of exercises designed to improve physical strength, flexibility and posture

YOGA STRETCHING

A guided group exercise that focuses on lengthening and loosening the body's muscle groups, through a variety of postures such as back bends and splits

BALLET

Dancing in which conventional poses and steps are combined with light flowing figures

HATHA YOGA

A practice that involves yoga poses, yogic breathing techniques and meditation

SPRINT ATTACK

A form of exercise with classes focusing on endurance, strength, intervals, high intensity

JIU-JITSU

A martial art and combat sport based on ground fighting and submission holds

POWER CIRCUIT

A martial art and combat sport based on ground fighting and submission holds

VINYASA YOGA

the sequential movement between postures, coordinated with and guided by deliberate breath

YIN YOGA

offers a wealth of benefits that may help you to alleviate pain and tension, relieve stress and anxiety, and improve your overall well-being.

STABILITY

Stability involves strength exercises that are performed in an unstable yet controlled environment. Goal: create a solid foundation of underlying stability muscles that allow our body to accommodate larger, more powerful movements

CORE

Any exercise that involves the use of your stomach muscles and back muscles in a coordinated way counts as a core exercise

MMA

a full-contact combat sport based on striking, grappling and ground fighting, incorporating techniques from various combat sports from around the world.

G 1

G 2

G 3

For kids who are 3 y.o. to 6 y.o. For kids who are 7 y.o. to 11 y.o. For kids who are 12 y.o. to 17 y.o.