

# WEEKLY SCHEDULE

Week of: 10/02/2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM	SPLITS STRETCH Lower Body Flex&Strength mat (Senia)		YOGA Flow 55 min (Mimi)		SPLITS STRETCH Lower Body Flex&Strength mat (Senia)		
7:00 AM	AeroFlex Stretch/Strength aerial (Senia)				Aerial Pilates /Strength aerial (Samantha)		
8:00 AM		Mat Pilates (Annya)					
9:00 AM						AeroFlex Stretch/Strength aerial (Senia)	AeroFlex INTERMEDIATE Stretch/Strength aerial
9:00 AM						BARRE (Nati)	
9:30 AM			Aerial Pilates /Strength aerial (Senia)				
10:00 AM						SPLITS STRETCH Lower Body Flex&Strength mat (Nati)	SPLITS STRETCH Lower Body Flex&Strength mat (Senia)
10:00 AM						Calm KIDS (Senia)	
10:30 AM		Aerial Pilates /Strength aerial (Senia)	Middle SPLIT Lower Body Stretch/Strength mat (Senia)				
11:00 AM	MUMS & BUBS (Senia C)				Mat Pilates (Nati)	Aerial Pilates /Strength aerial (Samantha)	AeroFlex Stretch/Strength aerial (Senia C)
12:00 PM				Aerial Yoga + YIN + Reiki 60 min (Mimi)	SPLITS STRETCH Lower Body Flex&Strength mat (Nati)		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	Calm KIDS (Jacinda)			Calm KIDS (Jacinda)			
5:00 PM	Calm TEENS (Jacinda)			Calm KIDS (Jacinda)			
5:00 PM	Lower Body LIGHT Stretch/Strength mat (Annya)	Healthy Spine Stretch/Strength mat (Annya)	Full Body Stretch/Strength mat (Senia)	Full Body Stretch/Strength mat (Senia C)			
6:00 PM	AeroFlex Stretch/Strength aerial (Senia)	Mat Pilates (Annya)	AeroFlex INTERMEDIATE Stretch/Strength aerial	AeroFlex Stretch/Strength aerial (Samantha C)	Middle SPLIT Lower Body Stretch/Strength mat (Senia C)		Healthy Spine Stretch/Strength mat (Senia C)
6:00 PM	BARRE (Annya)						
7:00 PM	Full Body Stretch/Strength mat (Annya)	YOGA Vinyasa Flow + Myofascial 60 min (Mimi)	Lower Body Stretch/Strength mat (Senia C)	Aerial Pilates /Strength aerial (Samantha)			YOGA YIN (every second week)
	AeroFlex INTERMEDIATE Stretch/Strength aerial (Senia)	Middle SPLIT Lower Body Stretch/Strength mat (Annya)					AERIAL SOUND BATH EVENT 70 min (Every second week)