

WEEKLY SCHEDULE

Week of: 03/06/2024

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