

JLT (JUMEIRAH LAKES TOWERS)
MAT STUDIO / STARTING NOV 2015


	SUN	MON	TUE	WED	THUR	FRI	SAT
09.00			Pilates Core		Pilates SQ		
10.00		Pilates Core		Prenatal Pilates	Pilates Core		
11.00	Pilates SQ	Pilates SQ	Fusion X				Prenatal Pilates
16.30							Pilates Core
17.30							Pilates SQ
18.00		Prenatal Pilates					
18.15	Vinyasa Flow		Fusion X	Vinyasa Flow	Pilates Core		
19.00							
19.15	Pilates Core	Pilates SQ	Pilates SQ	Pilates SQ	Fusion X		
20.15		Pilates Core		Pilates Core			

 Ladies Only Classes  Mixed Gender Classes

 04 458 5399

JLT (JUMEIRAH LAKES TOWERS)
STUDIO 3 / STARTING NOV 2015

	SUN	MON	TUE	WED	THUR	FRI	SAT
09.00	Pilates Core	Xtend Barre Stick	Pilates SQ	Xtend Barre Stick		Pilates Core	Pilates Core
10.00	Xtend Barre Stick		Xtend Barre	Pilates Core		Pilates SQ	Pilates SQ
11.00				Pilates SQ	Xtend Barre		
18.00				Xtend Barre	Prenatal Pilates		
18.15	Pilates SQ	Fusion X	Pilates Core				
19.00				Fusion X			
19.15	Xtend Barre	Pilates Core	Xtend Barre Stick		Xtend Barre Stick		
20.15	Fusion X	Xtend Barre	Pilates SQ				

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EQUIPMENT STUDIO / STARTING NOV 2015

	SUN	MON	TUE	WED	THUR	FRI	SAT
07.30			Reformer Core		Reformer SQ		
09.00		Reformer SQ		Reformer Core	Reformer Core		
10.00	Reformer SQ	Reformer Core	Reformer SQ		Prenatal Reformer		
11.00				Reformer SQ		Reformer Core	Reformer Cardio
12.00							Reformer Core
15.00							
18.15	Reformer SQ	Reformer Core	Prenatal Reformer	Reformer SQ	Reformer Core		
18.30							Reformer SQ
19.15		Reformer SQ	Reformer Cardio				
20.15	Reformer Core		Reformer SQ				

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