

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30 HATHA YOGA DIDEM	8:30 - 9:30 YIN YOGA DIDEM	8:00 - 9:00 VINYASA BY THE BEACH DIDEM		8:30 - 9:15 AQUASTRENGTH ROLAND	8:30 - 9:15 AQUASPRINT ROLAND	8:30 - 9:15 AQUASTRENGTH ROLAND
		8:30 - 9:15 AQUASPRINT ROLAND		8:30 - 9:30 VINYASA DIDEM		
9:00 - 9:45 AQUASTRENGTH ROLAND					9:00 - 9:45 Ballet (2.5Y- 4Y)	
					9:45- 10:30 Ballet (4Y-6Y)	
					10:00 - 10:30 JIU - JITSU G1&G2	
					10:30 - 11:15 Ballet (6Y-9)	
		11:00 - 11:45 PRAMA ROLAND		11:00 - 12:00 YOGA STRETCHING KARINA	11:00 - 12:00 JIU - JITSU G3	11:00 - 12:00 VINYASA KARINA
				11:00 - 11:45 PRAMA RICHIE	11:00 - 11:45 PRAMA RICHIE	12:00 - 12:45 Ballet (2.5Y- 4Y)
					11:15 - 12:20 PRAMA (9Y+)	12:20 - 13:20 ADULTS
					12:20 - 13:20 ADULTS	12:45 - 13:15 PRAMA (4Y-6Y)
						13:15-14:00 PRAMA (6Y-9)
	13:30 - 14:20 PRAMA RICHIE		13:30 - 14:20 PRAMA RICHIE			14:00 -15:00 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 Ballet (2.5Y - 4Y)		16:00 - 16:45 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 PRAMA RICHIE	18:30 - 19:15 AQUASTRENGTH RICHIE	18:30 - 19:15 PRAMA RICHIE			
18:30 - 19:30 Ballet (9Y+)		18:30 - 19:30 Ballet (9Y+)				
19:00 - 20:00 VINYASA DIDEM	19:00 - 20:00 JIU - JITSU ADULTS	19:00 - 20:00 JIU - JITSU ADULTS	19:00 - 20:00 HATHA YOGA Didem	19:00 - 20:00 JIU - JITSU ADULTS		
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

PRAMA

Fun and interactive circuit training where movements are guided by markings on the floor, music and LED lights

JIU-JITSU

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

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

MMA

Mixed martial arts is a full-contact combat sport that allows a wide variety of fighting techniques and skills

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.

G 1

For kids who are 3 y.o. to 6 y.o.

G 2

For kids who are 7 y.o. to 11 y.o.

G 3

For kids who are 12 y.o. to 17 y.o.