

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 - 9:30 YOGA STRETCHING PRACHEE			8:30 - 9:30 YOGA FLOW PRACHEE		
	9:30 - 10:15 ZUMBA PRACHEE	8:30 - 9:20 PRANAYAMA PRACHEE	9:30 - 10:30 HATHA YOGA PRACHEE	9:00 - 10:00 ZUMBA PRACHEE		8:30 - 9:30 VINYASA FLOW PRACHEE
		9:30 - 10:15 ZUMBA PRACHEE			10:00 - 11:00 JIU-JITSU G 1 & G 2	9:30 - 10:15 ZUMBA PRACHEE
		11:00 - 11:45 PRAMA ROLAND		11:00 - 11:45 PRAMA RICHIE	11:00 - 12:00 JIU-JITSU G 3	
					11:00 - 11:45 PRAMA RICHIE	
	13:30 - 14:15 PRAMA RICHIE		13:30 - 14:15 PRAMA RICHIE			
16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1	16:00 - 17:00 MMA G 1	16:00 - 17:00 JIU-JITSU G 1		
17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	17:00 - 18:00 JIU-JITSU G 2	17:00 - 18:00 MMA G 2	18:00 - 19:00 JIU-JITSU G 2		
18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3	18:00 - 19:00 MMA G 3	18:00 - 19:00 JIU-JITSU G 3		
18:30 - 19:15 AQUA STRENGTH RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA SPRINT RICHIE	18:30 - 19:15 PRAMA RICHIE	18:30 - 19:15 AQUA SPRINT RICHIE		
19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS	19:00 - 20:00 ADULTS NO - GI	19:00 - 20:00 JIU-JITSU ADULTS		

AQUA SPRINT

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

AQUA STRENGTH

A circuit training program, utilizing the bikes and other equipment in order to combine strength, cardio and combat

PRAMA

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

ZUMBA

Fitness program that combine Latin and International music with dance moves

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

YOGA FLOW

Yoga flow for Suryanamaskar (sun salutation) is one of the most important yoga practices. It is the set of 12 yoga poses which can be performed in a sequence while chanting 12 different mantras

PRANAYAMA

Yoga breathing technique that focuses on breath and an exercise for physical, mental wellness. It increases lung capacity, decreases stress, increases mindfulness and increases immunity

VINYASA YOGA

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

YOGA HATHA

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

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.