

MOVEŌ CLASSES



APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
		HATHA YOGA (GUSTU)	WATER AEROBIC (GUSTU)	HATHA YOGA (GUSTU)	WHEEL YOGA (SOFIA)	AQUA YOGA (SOFIA)
		11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
		MAT PILATES (GUSTU)	CIRCUIT TRAINING (GUSTU)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (GUSTU)
		3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
		MEDITATION (GUSTU)	YIN MYOFASCIAL (JESSICA)	RESTORATIVE (GUSTU)	YIN SOUND HEALING (SOFIA)	FLOWER MEDITATION (SOFIA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
HATHA YOGA (GUSTU)	VINYASA YOGA (SOFIA)	HATHA YOGA (GUSTU)	WATER AEROBIC (GUSTU)	WHEEL YOGA (SOFIA)	HATHA YOGA (JESSICA)	AQUA YOGA (SOFIA)
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
CROSS FIT (GUSTU)	MAT PILATES (GUSTU)	CORE TRAINING (GUSTU)	CIRCUIT TRAINING (GUSTU)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (GUSTU)
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
RESTORATIVE YOGA (GUSTU)	PRANAYAMA (SOFIA)	YIN SOUND HEALING (SOFIA)	YIN AERIAL (SOFIA)	YIN MYOFASCIAL (SOFIA)	ART MEDITATION (SOFIA)	MEDITATION (GUSTU)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
HATHA YOGA (GUSTU)	VINYASA YOGA (SOFIA)	WATER AEROBIC (GUSTU)	HATHA YOGA (GUSTU)	WHEEL YOGA (SOFIA)	HATHA YOGA (SOFIA)	AQUA YOGA (GUSTU)
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	8:00 AM	11:00 AM
CROSS FIT (GUSTU)	CIRCUIT TRAINING (GUSTU)	CORE TRAINING (GUSTU)	HIIT (GUSTU)	MAT PILATES (VP)	AERIAL YOGA (SOFIA)	TRX (GUSTU)
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
RESTORATIVE YOGA (GUSTU)	PRANAYAMA (SOFIA)	YIN AERIAL (SOFIA)	YIN SOUND HEALING (SOFIA)	FLOWER MEDITATION (SOFIA)	YIN MYOFASCIAL (SOFIA)	MEDITATION (JESSICA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM
HATHA YOGA (GUSTU)	VINYASA YOGA (SOFIA)	HATHA YOGA (SOFIA)	WHEEL YOGA (SOFIA)	WATER AEROBIC (GUSTU)	HATHA YOGA (SOFIA)	AQUA YOGA (SOFIA)
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM
CROSS FIT (GUSTU)	CIRCUIT TRAINING (GUSTU)	MAT PILATES (VP)	STRETCHING (SOFIA)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (GUSTU)
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
RESTORATIVE YOGA (GUSTU)	PRANAYAMA (SOFIA)	YIN YOGA (JESSICA)	YIN SOUND HEALING (SOFIA)	YIN MYOFACIAL (SOFIA)	ART MEDITATION (SOFIA)	YIN AERIAL (SOFIA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
8:00 AM	8:00 AM	8:00 AM	8:00 AM			
HATHA YOGA (GUSTU)	VINYASA YOGA (SOFIA)	HATHA YOGA (SOFIA)	WATER AEROBIC (GUSTU)			
11:00 AM	11:00 AM	11:00 AM	11:00 AM			
CROSS FIT (GUSTU)	MAT PILATES (VP)	CIRCUIT TRAINING (GUSTU)	CORE TRAINING (GUSTU)			
3:00 PM	3:00 PM	3:00 PM	3:00 PM			
RESTORATIVE YOGA (GUSTU)	PRANAYAMA (SOFIA)	YIN AERIAL (SOFIA)	YIN SOUND HEALING (SOFIA)			