

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|-------------------------|---------------------------------|--|--------------------------------|------------------------|---------------------------------|
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM |
| HATHA YOGA (GUSTU) | MORNING WALK (GUSTU) | VINYASA YOGA (SOFIA) | HATHA YOGA (GUSTU) | WATER AEROBIC (KRESNA) | HATHA YOGA (KRESNA) | VINYASA 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 (KRESNA) | HIT CARDIO (KRESNA) | MAT PILATES (GUSTU) | CORE TRAINING (GUSTU) | AERIAL YOGA (SOFIA) | BREATHWORK (SOFIA) | TRX (KRESNA) |
| 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM |
| YIN YOGA (KRESNA) | RESTORATIVE (KRESNA) | YIN SOUND HEALING (SOFIA) | CONTEMPLATION MEDITATION (SOFIA) | RESTORATIVE YOGA (GUSTU) | MEDITATION (GUSTU) | RESTORATIVE YOGA (KRESNA) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|--------------------------|--------------------------------|---------------------------------|---------------------|--|---------------------------------|
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | |
| HATHA YOGA (GUSTU) | MORNING WALK (KRESNA) | VINYASA (SOFIA) | HATHA YOGA (GUSTU) | VINYASA (SOFIA) | HATHA YOGA (KRESNA) | WATER AEROBIC (KRESNA) |
| 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM | 8:00 AM | 11:00 AM |
| CROSS FIT (KRESNA) | AERIAL YOGA (SOFIA) | CIRCUIT TRAINING (GUSTU) | CORE TRAINING (KRESNA) | TRX (KRESNA) | HIIT (GUSTU) | BREATHWORK (SOFIA) |
| 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM |
| YIN YOGA (GUSTU) | MEDITATION (GUSTU) | RESTORATIVE YOGA (GUSTU) | YIN SOUND HEALING (SOFIA) | YIN YOGA (GUSTU) | CONTEMPLATION MEDITATION (SOFIA) | RESTORATIVE YOGA (KRESNA) |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--------------------------|--------------------------------|---------------------------------|---------------------------|------------------------|--------------------------------|
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:00 AM |
| HATHA YOGA (GUSTU) | MORNING WALK (KRESNA) | VINYASA YOGA (SOFIA) | HATHA YOGA (GUSTU) | WATER AEROBIC (KRESNA) | HATHA YOGA (KRESNA) | VINYASA YOGA (KRESNA) |
| 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM | 11:00 AM |
| CIRCUIT TRAINING (KRESNA) | AERIAL YOGA (SOFIA) | MAT PILATES (GUSTU) | CORE TRAINING (KRESNA) | HIT CARDIO (GUSTU) | BREATHWORK (SOFIA) | TRX (KRESNA) |
| 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM | 3:00 PM |
| RESTORATIVE YOGA (GUSTU) | MEDITATION (GUSTU) | RESTORATIVE YOGA (SOFIA) | YIN SOUND HEALING (SOFIA) | YIN MYOFACIAL (SOFIA) | MEDITATION (GUSTU) | RESTORATIVE YOGA (SOFIA) |