

MOVEŌ CLASSES



**JANUARY
2026**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:00 am	8:00 am	8:00 am
				WHEEL YOGA (GUSTU)	AQUA YOGA (SOFIA)	HATHA YOGA (JAKA)
				11:00 am	11:00 am	11:00 am
				HIIT CARDIO (JAKA)	AERIAL YOGA (SOFIA)	TRX (JAKA)
				3:00 pm	3:00 pm	3:00 pm
				RESTORATIVE YOGA (JAKA)	PRANAYAMA (SOFIA)	YIN YOGA (JAKA)

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)	AQUA PILATES (JAKA)	VINYASA YOGA (SOFIA)	WATER AEROBIC (GUSTU)	WHEEL YOGA (SOFIA)	HATHA YOGA (JAKA)	AQUA YOGA (JAKA)
11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am
CROSS FIT (JAKA)	CARDIO BOXING (JAKA)	REVIVO FUNCTIONAL FITNESS CLASS (JAKA)	CIRCUIT TRAINING (GUSTU)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (JAKA)
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)	YIN YOGA (GUSTU)	FLOWER MEDITATION (SOFIA)	YIN SH (SOFIA)	YIN MYOFASCIAL (SOFIA)	PRANAYAMA (SOFIA)

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	8:00 am
HATHA YOGA (GUSTU)	WATER AEROBIC (GUSTU)	AQUA PILATES (JAKA)	VINYASA YOGA (SOFIA)	WHEEL YOGA (SOFIA)	HATHA YOGA (JAKA)	AQUA YOGA (JAKA)
11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	8:00 am	11:00 am
CROSS FIT (JAKA)	CARDIO BOXING (JAKA)	CIRCUIT TRAINING (JAKA)	MAT PILATES (SOFIA)	CORE TRAINING (SOFIA)	AERIAL YOGA (SOFIA)	TRX (JAKA)
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)	YIN AERIAL (SOFIA)	SACRED FLOAT (SOFIA)	YIN MYOFASCIAL (SOFIA)	ART MEDITATION (SOFIA)	PRANAYAMA (SOFIA)

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)	VINYASA YOGA (JAKA)	WATER AEROBIC (GUSTU)	VINYASA YOGA (SOFIA)	WHEEL YOGA (SOFIA)	HATHA YOGA (JAKA)	AQUA YOGA (JAKA)
11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am
CROSS FIT (JAKA)	CARDIO BOXING (JAKA)	REVIVO FUNCTIONAL FITNESS CLASS (JAKA)	CIRCUIT TRAINING (GUSTU)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (JAKA)
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)	YIN AERIAL (SOFIA)	YIN SH (SOFIA)	YIN MYOFACIAL (GUSTU)	FLOWER MEDITATION (SOFIA)	PRANAYAMA (SOFIA)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	31
8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
HATHA YOGA (GUSTU)	VINYASA YOGA (JAKA)	WATER AEROBIC (GUSTU)	VINYASA YOGA (SOFIA)	WHEEL YOGA (SOFIA)	HATHA YOGA (JAKA)	AQUA YOGA (JAKA)
11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	11:00 am	
CROSS FIT (JAKA)	CARDIO BOXING (JAKA)	REVIVO FUNCTIONAL FITNESS CLASS (JAKA)	CIRCUIT TRAINING (GUSTU)	HIIT CARDIO (GUSTU)	AERIAL YOGA (SOFIA)	TRX (JAKA)
3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	3:00 pm	
RESTORATIVE YOGA (GUSTU)	MEDITATION (GUSTU)	YIN AERIAL (SOFIA)	PRANAYAMA (SOFIA)	YIN MYOFACIAL (GUSTU)	FLOWER MEDITATION (SOFIA)	YIN (JAKA)

