

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)