

|               |      | l       | m        | x        | j        | v        | s | d |
|---------------|------|---------|----------|----------|----------|----------|---|---|
| 08:30 - 09:30 | LIVE |         |          |          | PILATES  |          |   |   |
| 10:30 - 11:30 | LIVE |         |          |          |          | YOGA     |   |   |
| 11:00 - 12:00 | LIVE | YOGA    |          |          |          |          |   |   |
| 11:30 - 12:30 | LIVE |         |          |          |          | PILATES  |   |   |
| 12:15 - 13:00 | LIVE |         | PILATES  |          |          |          |   |   |
| 13:00 - 13:45 | LIVE | PILATES | YOGA     |          |          |          |   |   |
| 14:15 - 15:00 | LIVE |         |          |          | PILATES  | YOGA     |   |   |
| 15:00 - 15:45 | LIVE | YOGA    | PILATES  |          |          |          |   |   |
| 17:45 - 18:30 | LIVE |         |          |          |          | YOGA (R) |   |   |
| 18:30 - 19:15 | LIVE | PILATES |          |          |          | PILATES  |   |   |
| 19:00 - 19:45 | LIVE |         | YOGA (R) |          |          |          |   |   |
| 19:45 - 20:30 | LIVE |         |          | YOGA (R) |          |          |   |   |
| 20:30 - 21:15 | LIVE |         | PILATES  |          | YOGA (R) |          |   |   |