

30x30

Fitness Session Calendar

Carlos Fitness Coach	Simran Zumba & Bollywood Fitness Coach	Amarjeet RYT 500 Hatha Yoga	Adriana Pilates, 500 RYT Yoga Coach & Mindfulness Meditation Trainer
Medinka Zumba Coach	Julien HITT Fitness Instructor	Daniela RYT 200 & Meditation Coach	Jeh ISSA-Certified Fitness Coach
			Livia RYT 200 Yoga Teacher

All Inclusive - Age no bar: All sessions can be done by people of all age groups!

29 th October Saturday - 11 Am Dance Workout	30 th October Sunday - 11 Am Family & Kids Yoga	31 st October Monday - 7 Am Strong & Open Hips	1 st November Tuesday - 7 Pm Zumba Fitness	2 nd November Wednesday - 7 Am (L.I.I.T) Low Intensity Workout	3 rd November Thursday - 7 Pm Yoga For Stress Release	4 th November Friday - 7 Am Pump It Up Cardio	5 th November Saturday - 11 Am Bollywood Workout	6 th November Sunday - 11 Am Family & Kids Yoga	7 th November Monday - 7 Am Relaxation Yoga
8 th November Tuesday - 7 Pm Dance Cardio Fun	9 th November Wednesday - 7 Am Mobility & Strength	10 th November Thursday - 7 Pm Relaxation Yoga	11 th November Friday - 7 Am Full Body Activation	12 th November Saturday - 11 Am Latin Workout	13 th November Sunday - 11 Am Family & Kids Yoga	14 th November Monday - 7 Am Yoga Joy (Vinyasa)	15 th November Tuesday - 7 Pm Turbo Jam Dance Workout	16 th November Wednesday - 7 Am H.I.I.T (All Levels)	17 th November Thursday - 7 Pm Yoga For Stress Release
18 th November Friday - 7 Am Mat Pilates	19 th November Saturday - 11 Am Bollywood Workout	20 th November Sunday - 11 Am Family & Kids Yoga	21 st November Monday - 7 Am Hatha Flow Yoga	22 nd November Tuesday - 7 Pm Dance Cardio Fun	23 rd November Wednesday - 7 Am Yoga Dance (Mind-Body Flow)	24 th November Thursday - 7 Pm Stretch & Unwind With Yoga	25 th November Friday - 7 Am Compact Training	26 th November Saturday - 11 Am Family & Kids Yoga	27 th November Sunday - 11 Am Closing Ceremony Dance your worries away! (Zumba)

