

Studiofitness

BARRE | PILATES | STRETCH

JANUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
	9:00 AM - 9:30 MELT Method	9:00 AM - 9:55 Bungee 55+	9:30 AM - 10:25 Aging Backward	9:30 AM - 10:25 Barre Strength and Stretch	9:00 AM - 9:55 Aging Backwards	9:30 AM - 10:25 Essentrics Workout
10:00 AM-10:55 Essentrics Barre	9:35 AM - 10:30 Gentle Pilates	10:00 AM - 10:55 Pilates Suspension	10:35 AM - 11:30 Aging Backwards	10:35 AM - 11:30 Pilates	10:30 AM - 11:25 Bungee 55+	10:30 AM - 11:45 BeMoved Dance
11:00 AM- 11:40 Classical Stretch	11:00 AM - 11:55 Gentle Bungee				11:35 AM - 12:30 Bungee INTRO (Jan 11)	
12:00 PM -12:55 Bungee FIT						
4:30 PM – 5:30 Zumba	5:00 PM - 5:55 Intermediate Pilates	Foundations Training	5:15 PM - 6:10 Essentrics Barre	5:00 PM - 5:55 Aging Backwards	5:30 PM - 6:25 Pilates Workout	
	6:00 PM – 6:55 Barre Workout	Studio Rental (4:00 PM – 7:00)	6:15 PM - 7:00 Bungee Workout	6:00 PM - 6:55 Iron Barre		
	7:00 PM – 8:00 Salsa Dance	7:15 PM – 8:15 Zumba	7:15 PM – 8:15 Zumba Toning	7:05 PM - 8:00 Bungee Playground		
	8:00 PM – 9:00 Bachata Basics					

Check online (studiofitnessvictoria.com) for changes and updates to the schedule.

Zumba, Foundations Training and Salsa classes are independently organized through studio rentals.