

Studiofitness

BARRE | PILATES | STRETCH

APRIL 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 Essentrics® Aging Backwards | 9:30 AM – 10:25 Barre Strength and Stretch | 9:00 AM – 9:55 Essentrics® Aging Backwards | |
| 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 Essentrics® 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 Sunday Stretch | 11:00 AM – 11:55 Gentle Bungee | | | | | |
| 12:00 PM – 12:55 Bungee FIT | | | | | | 12:15 PM – 1:00 Bellydance |
| 1:15 PM – 2:00 Bungee INTRO (April 14) | 5:00 PM – 5:55 Intermediate Pilates | Foundations Training Studio Rental (4:00 PM – 7:00) | 5:15 PM – 6:10 Essentrics® Barre | 5:00 PM – 5:55 Essentrics® Aging Backwards | 5:30 PM – 6:25 Pilates Workout | |
| 4:30 PM – 5:30 Zumba® | 6:00 PM – 6:55 Barre Workout | | 6:15 PM – 7:00 Bungee Workout | 6:00 PM – 6:55 Iron Barre | | |
| | 7:00 PM – 8:00 Salsa Basics | 7:15 PM – 8:15 Zumba® | 7:15 PM – 8:15 Zumba® Toning | 7:05 PM – 8:00 Bungee Playground | 7:00 PM – 8:00 Rhythm & Soul (April 12) | |
| | 8:00 PM – 9:00 Bachata Basics | | | | | |

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

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