

# GYM BOUTIQUE

## GOLF PERALADA

### INSTRUCTED CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 – 10:20		YOGA WORKOUT GLUTES/ABS		FULL BODY YOGA		ANTI-RHEUMATIC YOGA
10:30 – 11:20		FULL BODY YOGA		FLEXIBILITY YOGA		MEDITATIVE YOGA
17:30 – 18:20	FLEXIBILITY YOGA		FULL BODY YOGA		FULL BODY YOGA	
18:30 – 19:20	YOGA WORKOUT CORE		HIP FLEXIBILITY YOGA		YOGA WORKOUT GLUTES/ABS	
19:30 – 20:20	FULL BODY YOGA		YOGA MOBILITY		YOGA CARDIO	