

CLASS SCHEDULE



MONDAY

PILATES

17:15 - 18:00

YOGA

18:30 - 19:30

TUESDAY

PILATES

9:00-09:45

SENIORS

10:00-10:45

PILATES

17:15 - 18:00

YOGA

(beginners)

18:30 - 19:30

WEDNESDAY

PILATES

17:15 - 18:00

YOGA

18:30 - 19:30

THURSDAY

PILATES

10:00-10:45

PILATES

17:15 - 18:00

YOGA

(beginners)

18:30 - 19:30

FRIDAY

SENIORS

10:00-10:45

PILATES

17:15 - 18:00

YOGA

18:30 - 19:30



obrt.tenger@gmail.com



0917368343