

WEEKLY SCHEDULE

Week of: 10/22/2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM	SPLITS STRETCH Lower Body Flex&Strength mat (Senia)				SPLITS STRETCH Lower Body Flex&Strength mat (Senia)		
7:00 AM	AeroFlex Stretch/Strength aerial (Senia)			BARRE (Senia)	Aerial Pilates /Strength aerial (Samantha)		
9:00 AM						AeroFlex Stretch/Strength aerial (Senia)	AeroFlex INTERMEDIATE Stretch/Strength aerial
9:00 AM						BARRE (Nati)	
9:30 AM			Aerial Pilates /Strength aerial (Senia)		Mat Pilates (Nati)		
10:00 AM						SPLITS STRETCH Lower Body Flex&Strength mat (Nati)	SPLITS STRETCH Lower Body Flex&Strength mat (Senia)
10:00 AM						Calm KIDS (Senia)	
10:30 AM		Aerial Pilates /Strength aerial (Senia)			SPLITS STRETCH Lower Body Flex&Strength mat (Nati)		
							Mat Pilates (India)
11:00 AM						Aerial Pilates /Strength aerial (Samantha)	AeroFlex Stretch/Strength aerial (Senia C)
12:00 PM				Aerial Yoga + YIN + Reiki 60 min (Mimi)		Middle SPLIT Lower Body Stretch/Strength mat (Annya)	
						LITTLE Gymnastics (Pre-GYM 4-5yrs) (Anna B)	
1:00 PM						Mat Pilates (Annya)	
4:00 PM	Calm KIDS (Enya P)			Calm KIDS (Enya P)	Calm KIDS (Senia)		
5:00 PM		Healthy Spine Stretch/Strength mat (Annya)	Full Body Stretch/Strength mat (Senia)	Calm KIDS (Enya P)			AERIAL SOUND BATH EVENT 70 min (Every second week)
6:00 PM	BARRE (Annya)	Mat Pilates (Annya)	AeroFlex INTERMEDIATE Stretch/Strength aerial	SPLITS STRETCH Lower Body Flex&Strength mat (Olga K)	Middle SPLIT Lower Body Stretch/Strength mat (Senia C)		Healthy Spine Stretch/Strength mat (Senia C)
6:00 PM	AeroFlex Stretch/Strength aerial (Samantha/Enya)		Mat Pilates (India)	AeroFlex Stretch/Strength aerial (Samantha C)			
7:00 PM	SPLITS STRETCH Lower Body Flex&Strength mat (Annya)	Middle SPLIT Lower Body Stretch/Strength mat (Annya)	SPLITS STRETCH Lower Body Flex&Strength mat (Senia)	Middle SPLIT Lower Body Stretch/Strength mat (Olga K)			Aerial Yoga + YIN + Reiki 60 min (Mimi) (every second week)
7:00 PM	AeroFlex INTERMEDIATE Elements Stretch/Strength aerial (Samantha/Enya)	YOGA Vinyasa Flow + Myofascial 60 min (Mimi)	POWER YOGA Strength+Power 60 min (Mimi)	Aerial Pilates /Strength aerial (Samantha)			AERIAL SOUND BATH EVENT 70 min (Every second week)
8:00 PM	Aerial Open Practice 45 min (Samantha/Enya)			AeroFlex INTERMEDIATE Elements Stretch/Strength aerial (Enya)			