

WEEKLY SCHEDULE

Week of: 09/28/2026

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM							
7:00 AM				BARRE (Senia)			
9:00 AM						Aerial Flex 1 LOW FLOW Foundations Stretch/Strength aerial (Enya)	Aerial Flex 3 Intermediate Stretch/Strength aerial
9:00 AM						BARRE (Senia/Naty)	Mat Pilates (Katy D)
9:30 AM					Mat Pilates (Katy)		
10:00 AM						SPLITS STRETCH Lower Body Flex&Strength mat (Naty/Enya)	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 (Katy)		
11:00 AM						Aerial Pilates /Strength aerial (Enya)	Aerial Flex 1 Foundations Stretch/Strength aerial (Senia C)
12:00 PM						LITTLE Gymnastics (Pre-GYM 4-5yrs) (Anna B)	
4:00 PM	Calm KIDS (Enya P)				Calm KIDS (Senia)		
5:00 PM			Full Body Stretch/Strength mat (Enya)	Calm KIDS (Enya P)			AERIAL SOUND BATH EVENT 70 min (Every second week)
5:30 PM		Healthy Spine Stretch/Strength mat (Noya)					
5:30 PM		Calm KIDS PRO (Enya P)					
6:00 PM	Mat Pilates (Katy D)		Middle SPLIT Lower Body Stretch/Strength mat (Enya)	SPLITS STRETCH Lower Body Flex&Strength mat (Enya)	Middle SPLIT Lower Body Stretch/Strength mat (Senia C)		Healthy Spine Stretch/Strength mat (Noya)
6:00 PM	Aerial Flex 1 Foundations Stretch/Strength aerial (Samantha)		Aerial Pilates /Strength aerial (Samantha CN)	BARRE (Senia)			Aerial YIN + Reiki + Meditation 60 min (Mimi) (every second week)
6:30 PM		Contortion Conditioning Flexibility & Handstand drills (Noya)					
6:30 PM		Aerial Pilates /Strength aerial (Enya)					
7:00 PM	SPLITS STRETCH Lower Body Flex&Strength mat (Katy D)		SPLITS STRETCH Lower Body Flex&Strength mat (Enya)				
7:00 PM	Aerial Pilates /Strength aerial (Samantha CN)		Aerial Flex 1 Foundations Stretch/Strength aerial (Samantha)	Aerial Flex 2 Elements Stretch/Strength aerial (Enya)			AERIAL SOUND BATH EVENT 70 min (Every second week)
7:30 PM		Middle SPLIT Lower Body Stretch/Strength mat (Noya)			Aerial YIN + Reiki + Meditation 60 min (Ernesta)		
8:00 PM	Aerial Open Practice 45 min (Samantha/Enya)						