

Fitness Schedule

Foul Body and Soul Session

MONDAY	TUESDAY	WEDNESDAY
7:45 - 8:30 Sunrise Yoga	7:45 - 8:30 Sunrise Yoga	7:45 - 8:30 Sunrise Yoga
9:00 - 10:00 Pilates	9:00 - 10:00 Pilates	9:00 - 10:00 Pilates
18:00 - 19:00 Function Training	18:00 - 19:00 Function Training	18:00 - 19:00 Function Training
19:15 - 20:00 Afternoon Yoga	19:15 - 20:00 Afternoon Yoga	19:15 - 20:00 Afternoon Yoga

THURSDAY	FRIDAY	SATURDAY
7:45 - 8:30 Sunrise Yoga	7:45 - 8:30 Sunrise Yoga	7:45 - 8:30 Sunrise Yoga
9:00 - 10:00 Pilates	9:00 - 10:00 Pilates	9:00 - 10:00 Pilates
18:00 - 19:00 Function Training	18:00 - 19:00 Function Training	18:00 - 19:00 Function Training
19:15 - 20:00 Afternoon Yoga	19:15 - 20:00 Afternoon Yoga	19:15 - 20:00 Afternoon Yoga



Personal Training upon request