

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00 PILATES FLOW Lisa Vavra STUDIO	8:00 - 9:00 PILATES FLOW Emma Grill STUDIO	09:00 - 10:00 VINYASA YOGA Avigyle STUDIO	08:00 - 09:00 YOGA BY THE SEA Emma Grill MARINA TLV	08:00 - 09:00 YOGA FLOW Mica Pomerantz ONLINE	08:00 - 09:00 YOGA FLOW Mica Pomerantz ONLINE	11:00 - 12:30 WORKSHOPS STUDIO
10:00 - 11:00 PILATES Mica Pomerantz ONLINE	08:00 - 9:00 VINYASA YOGA Mica Pomerantz ONLINE		08:00 - 09:00 PILATES ONLINE Mica Pomerantz ONLINE	09:00 - 10:00 POWER YOGA Rachel Abramov STUDIO	09:00 - 10:00 HATHA VINYASA YOGA Emma Grill STUDIO	
	10:30 - 11:30 MOMMY & ME (YOGA & PILATES) Emma Grill STUDIO		10:00 - 11:00 YIN YANG YOGA Šárka Soudková STUDIO	10:30 - 11:30 PILATES FLOW Lisa Vavra STUDIO	10:30 - 11:30 PILATES BARRE Lisa Vavra STUDIO	
18:45 - 19:45 VINYASA YOGA Avigyle STUDIO		18:30 - 19:45 ASHTANGA YOGA Rachel Abramov STUDIO	11:15 - 12:15 MOMMY & ME (YOGA & PILATES) Šárka Soudková STUDIO			
20:30 - 21:30 WORKSHOPS STUDIO	19:00 - 20:00 POWER YOGA Rachel AB STUDIO	20:00 - 21:00 CORE PILATES Dana Kahan STUDIO	19:00 - 20:00 PILATES (MAT) Lisa Vavra STUDIO	19:00 - 20:00 VINYASA YOGA Mica Pomerantz ONLINE		
						18:00 - 19:00 YIN YOGA (TWICE A MONTH) Šárka Soudková STUDIO