

YOGA PILATES CLASS SCHEDULE

SATURDAY YOGA	7:30am – 8:30am
SUNDAY PILATES	7:30am – 8:30am

TAI CHI CLASS SCHEDULE

MONDAY	6:30am – 7:30am
WEDNESDAY	6:30am – 7:30am
FRIDAY	6:30am – 7:30am
SATURDAY	6:30am – 7:30am
SUNDAY	6:30am – 7:30am

Private **YOGA, PILATES & TAI-CHI** sessions may be booked with I-Spa Receptionist.

