



# Postura Group Class Timetable

From October 18<sup>th</sup>, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5am							
6am	★ Jessica EQUIPMENT	Jessica EQUIPMENT	Claire YOGA	Leila EQUIPMENT	Claire YOGA	★ Jessica EQUIPMENT	Jessica EQUIPMENT
7am	Leila EQUIPMENT	★ Leila CIRCUIT CLASS	Leila EQUIPMENT STRETCH 07:15	Leila EQUIPMENT	★ Amanda ATHLETIC MOBILITY	Jessica PILATES MAT	Amanda/ Leila EQUIPMENT
8am	Leila PILATES MAT	Jessica EQUIPMENT		Leila MAT 8:15 AM	Amanda EQUIPMENT STRETCH		Amanda/ Leila EQUIPMENT
9am		Jessica EQUIPMENT	Leila EQUIPMENT 09.15AM	Leila EQUIPMENT 09:30AM	★ Amanda ATHLETIC MOBILITY	★ Jessica STUDIO	Amanda/ Leila EQUIPMENT 09:15am
10am					Amanda EQUIPMENT		
11am	★ Daniela POST-NATAL	★ Daniela POST-NATAL	★ Daniela POST-NATAL	★ Daniela POST-NATAL	★ Daniela POST-NATAL		
12pm							
1pm							
2pm							
4pm							
5pm				Grace EQUIPMENT			
6pm	Grace PILATES MAT 6:30pm	Leila EQUIPMENT 6:30pm					
7pm				★ Grace EQUIPMENT			