



Weekly Activity Timetable September 2026

	Timing	Activity	Age	Trainer	Location
Monday	9:30 to 10:30	Satyananda	18+	Sashi	Gym Studio
	12:30 to 13:30	Warrior Flow	18+	Sashi	Gym Studio
	17:00 to 18:00	Strong Mode	18+	Vadim	Gym Studio
	18:30 to 19:30	Stretch	18+	Sashi	Gym Studio
Tuesday	08:15 to 9:15	Strong Mode	18+	Vadim	Gym Studio
	09:30 to 10:30	Warrior Flow	18+	Sashi	Gym Studio
	12:30 to 13:30	Satyananda Yoga	18+	Sashi	Gym Studio
	17:00 to 18:00	Athletic Power	18+	Vadim	Gym Studio
Wednesday	09:30 to 10:30	Hatha Yoga	18+	Sashi	Gym Studio
	12:30 to 13:30	Pranayam & Breathwork	18+	Sashi	Gym Studio
	17:00 to 18:00	Athletic Power	18+	Vadim	Gym Studio
	18:30 to 19:30	Warrior Flow	18+	Sashi	Gym Studio



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Thursday	09:30 to 10:30	Boxing Club	18+	Vadim	Gym Studio
	12:30 to 13:30	Restorative Yin	18+	Sashi	Gym Studio
	16:00 to 17:00	Hatha Yoga	18+	Sashi	White Terrace
	17:15 to 18:15	Functional Edge	18+	Vadim	Gym Studio
Friday	12:30 to 13:30	Athletic Power	18+	Vadim	Gym Studio
	17:00 to 18:00	Boxing Club	18+	Vadim	Gym Studio
Sunday	09:30 to 10:45	Warrior Flow	18+	Sashi	Gym Studio
	12:30 to 13:30	Yoga Nidra	18+	Sashi	Gym Studio
	17:00 to 17:45	Sound Healing	18+	Sashi	Gym Studio
	18:30 to 19:30	Restorative Yin	18+	Sashi	Gym Studio

CLASS BOOKING INFORMATION

- Please note that the class schedule may vary during special events and public holidays.
- Advance bookings are required for all sessions.
- To ensure a smooth and safe experience, we kindly ask that you arrive at least ten minutes before the class begins.
- Cancellations must be made at least 12 hours in advance to avoid applicable fees.