

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30/9:30 ADULTS	Vinyasa Flow YOGA <small>(only April, again June)</small> Midori	PILATES Oksana	AEROBICS DANCE Maria	PILATES Oksana	STRETCHING RELAXATION Nolwenn	AEROBICS DANCE Maria	PILATES Oksana
9:40/10:40 ADULTS	BELLY DANCE <small>(Seniors &amp; Adults)</small> Iman	PILATES <small>(Seniors)</small> Oksana	PILATES Maria	BALLET <small>(Seniors &amp; Adults)</small> Oksana	LEGS BUMS TUMS Nolwenn	PILATES Maria	PILATES <small>(seniors)</small> Oksana
10:50/11:50 SENIOR KEEP FIT	MIX LATIN DANCES <small>(Seniors &amp; Adults)</small> Maria	CIRCUIT TRAINING <small>(Seniors)</small> John	HATHA YOGA <small>(Seniors)</small> Maria	BELLY DANCE <small>(Seniors &amp; Adults)</small> Maria	LOW IMPACT AEROBIC <small>(Seniors)</small> Nolwenn	HATHA YOGA <small>(Seniors)</small> Maria	STRETCHING <small>(Seniors)</small> Nolwenn
12:00/13:00 BABY	Post Partum MUM&BABY <small>(newborn)</small> Kris	MUM'S CIRCLE <small>(mums &amp; toddlers)</small> Carol	PeKip MUM&BABY <small>(6-12months)</small> Kris			BALLET <small>(4-5 years)</small> Erin	
13:10/14:10	ATTENTION! - MAXIMUM 12 CHILDREN PER CLASS! - ATTENTION!					BALLET <small>(6-7years)</small> Erin	
14:20/15:20 KIDS						BALLET <small>(8+years)</small> Erin	
15:30/16:30 KIDS		KIDS TUMBLING <small>(4-5years)</small> Nolwenn		CIRCUIT TRAINING <small>(6-9years)</small> John	KIDS TUMBLING <small>(4-5years)</small> Nolwenn		CIRCUIT TRAINING <small>(6-9years)</small> John
16:40/17:40 KIDS		KIDS TUMBLING <small>(6-7years)</small> Nolwenn		CIRCUIT TRAINING <small>(10+years)</small> John	KIDS TUMBLING <small>(6-7years)</small> Nolwenn	FUN DANCE <small>(5-7years)</small> Erin	CIRCUIT TRAINING <small>(10+years)</small> John
17:50/18:50 KIDS	HIP HOP <small>(8-15years)</small> Erin	FIT KIDS <small>(8-9years)</small> Nolwenn	FREE FORM SPARRING <small>(12+years)</small> John	JAZZ DANCE <small>(8-15years)</small> Erin	FIT KIDS <small>(8-9years)</small> Nolwenn	HIP HOP <small>(8-15years)</small> Erin	FREE FORM SPARRING <small>(12+years)</small> John
19:00/20:00 ADULTS	JAZZ DANCE Erin	PILATES Maria	Vinyasa Flow YOGA <small>(only april, again june)</small> Midori	PILATES Maria	HIGHT IMPACT AEROBICS Nolwenn	Basic YOGA <small>(only april, again june)</small> Midori	HIGHT IMPACT AEROBICS Nolwenn
20:10/21:10 ADULTS	HIGHT IMPACT AEROBICS Nolwenn	AEROBICS DANCE Maria	LEGS BUMS TUMS Nolwenn	AEROBICS DANCE Maria	STRETCHING Nolwenn	HIGHT IMPACT AEROBICS Nolwenn	STRETCHING Nolwenn
21:20/22:20 ADULTS	STRETCHING Nolwenn	SALSA Maria	STRETCHING Nolwenn	ARGENTINE TANGO Maria	LOW IMPACT AEROBICS Nolwenn	STRETCHING Nolwenn	LOW IMPACT AEROBICS Nolwenn



www.fitandfunsharm.com

mail to: info@fitandfunsharm.com

Centralised  
Continuous  
Consistent

**Facilitates reliable fun!**

or call: Tel. 019 1263840

**MEMBERSHIP CARD EXPIRES AFTER 40 DAYS OF PURCHASE!**

1 Class	35 LE
4 Classes	120 LE
8 Classes	220 LE
12 Classes	300 LE

Sponsored by:

**iMAGINE**  
print & productions



**VIVA MALL**



BEYOND LIMITS GRAPHIC ALTERNATIVES ILONA OCEAN TEC