

YOGA & PILATES

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Classes, Teacher,	Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Balance Hatha Yoga Inga Galko	Available now	08:30 - 09:30 19:00 - 20:00		08:30 -09:30	19:00 - 20:00	08:30 - 09:30	
Yoga healthy back Katerina Branshvedskaya	Available now			09:00– 10:30 healthy back			
Svetlana Manasova Hatha Yoga	Available now		17:00-18:00			17:00-18:00	
Prenatal Yoga Katerina Branshvedskaya	Available now					18:30 - 19:30	11:00 – 12:30 postnatal yoga
Stretching Margarita	Available now		19:30 - 20:30			20:30 –21:30	
Stretching Elena Berezovskaya	Available now	18:30 – 19:00		18:30 – 19:30		19:00 – 20:00	
Pilates Maria Christophi	Available now	08:30 – 09:30 18:00 – 19:00		18:30 – 19:30	08:30 -09:30 18:00 – 19:00		
Yoga Maria Christophi	Available now		08:30 - 09:30			18:00 – 19:00	
Stretching Backbends/Splits Olga Yudina	Available now	Backbends 10:00 – 11:00 Splits 20:30 -21:30		Splits 10:00 – 11:00 Backbends 20:30 – 21:30		Splits 10:00 – 11:00 19:30 – 20:30	
Prenatal Yoga Olga Yudina	Available now	17:00 – 18:00		17:00 – 18:00			