



# makati class schedule

normal schedule

	monday	Tuesday	wednesday	thursday	friday	Saturday
7:30 am	power 1 75 mins	power 2 75 mins	power 1 75 mins	power 2 75 mins	power 1 75 mins	
9:00 am	mat pilates 60 mins		mat pilates 60 mins			
9:30 am		led ashtanga 120 mins		led ashtanga 120 mins		
10:00 am						hatha 1 75 mins
5:00 pm	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	
6:30 pm	led ashtanga 120 mins	hatha 1 75 mins	led ashtanga 120 mins	hatha 1 75 mins	led ashtanga 120 mins	

\*Kindy call or SMS +63917 83PULSE or call +632 4684165 to reserve your mat for class. **STRICTLY BY APPOINTMENT ONLY.**