

## February Class Timetable

Hora	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	Domingo
8:00 - 9:00		Beach Yoga w Emma	Beach Yoga w Emma	Beach Yoga w Vicky	Beach Yoga w Vicky	Kundalini Yoga w Frauke (7:30 - 9:00)	
8:45 - 9:45	Vinyasa Flow Yoga w Emma	Yoga w Annie	Pilates I w Jamie	Yoga w Annie	Vinyasa Flow Yoga w Emma		
9:55 - 10:55	Pilates I & II w Adele	Pilates I & II w Jamie	Pilates II w Jamie		Pilates I & II w Jamie	Pilates I & II w Jamie	
11:00 - 12:30	Hatha Yoga w Emma	Zumba w Becky (11:30 to 12:30)	Hatha Yoga w Sally	Hatha Yoga w Annette	Zumba w Becky (11:30 to 12:30)	Vinyasa Flow Yoga w Emma	Hatha Yoga w Sally
16:00 - 17:00	Zumba w Becky	Hatha Yoga w Annette					
17:00 - 18:00		Vinyasa Flow Yoga w Emma	Hatha Yoga w Emma	Hatha Yoga w Annette	Hatha Yoga w Emma	Hatha Yoga w Emma (17:00-18:30)	Vinyasa Flow Yoga w Emma (17:00-18:30)
18:05 - 19:30	Pilates w Jamie (18:05-19:05)	Pilates w Jamie (18:05-19:05)		Pilates w Adele (18:05-19:05)	Pilates w Jamie (18:05-19:05)		
18:05 - 19:30	Power Yoga w Annie		Yoga for Surfers w Annie		Power Yoga w Annie	Zumba w Becky (18:35 - 19:35)	Zumba w Becky (18:35 - 19:35)
19:35 - 21:00	Zumba w Becky (20:00 - 21:00)	Hatha Yoga II w Vicky (Spanish)	Zumba w Becky (20:00 - 21:00)	Hatha Yoga II w Vicky (Spanish)	Zumba w Becky (20:00 - 21:00)		

**\* Zumba beach party at Billabong surf school, Waikiki beach Sunday Feb 5, 4pm. 5 euros. Be there!**

**\* Special Zumba workshops Feb 4th & 11th 12:30 w Guest Instructor Becky Uterhark.**

**\* Private classes and massage available, please enquire for more info!**

**\* Guest Instructor from New Zealand, Margaret Bruce, teaching Jamie's Pilates classes February 6th to Feb 17th.**

**For info call Karissa, +34 693 026 839.**