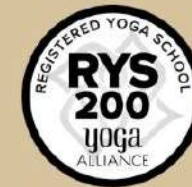


OCTOBER SCHEDULE 2026



SUN	Hatha Yoga 9:00am-10:15am STUDIO With Yanna		YOGA & SOUND 11:00 AM - 1:00 PM STUDIO With Jannah		Art Therapy 2:00pm-3:30pm STUDIO With Rana	Beginner Yoga 4:00pm - 5:00pm STUDIO With LeiLei	Aerial Yoga 5:00 pm - 6:15 pm STUDIO With Masha	VOCAL EMBODIMENT JOURNEY 6:30PM-8:30PM STUDIO With Radwa
MON	Body Sculpt 9:00am - 10:15am STUDIO With Regina		Aqua Fitness 10:30 AM - 11:30 AM POOL With Jessi	Core & Flow 11:00am - 12:30pm STUDIO With Sol		Vinyasa Flow 5:00pm - 6:15pm STUDIO With LeiLei	Yin Yoga 6:30pm - 7:45pm STUDIO With Ibtehal	
TUES	Stretching 9:00 AM - 10:15 AM Studio With Regina		Chakra Flow 11:00am-12:15pm studio With Gabriella		Hatha Yoga 3:00pm-4:15pm STUDIO With Shereen	Yin Yoga 5:00pm - 6:15pm STUDIO With Ibtehal	Fire Within Flow 6:30pm-7:45pm STUDIO With Nora	Feminine Flow 6:30PM - 8:30PM ADDAH With Yanna
WED	Morning Yoga 9:00am-10:15am STUDIO With Masha		YOGA & SOUND 11:00 AM - 1:00 PM STUDIO With Jannah	YIN YOGA & SOUND HEALING 3:00 pm - 4:30 pm STUDIO Gabriella & Tania		Belly Dance 5:00pm-6:00pm STUDIO With Caroline	Aerial Yoga 6:00 pm - 7:15 pm STUDIO With Masha	
THUR	Pilates 9:00am-10:15am STUDIO With Regina		Aqua Fitness 10:30 AM - 11:30 AM POOL With Jessi	Conscious Connected Breathwork 11:00AM-12:30PM STUDIO With JOSE BOOKING REQUIRED			Emotional & Nervous System Regulation Through Voice STUDIO 5:00pm - 6:30pm	Sound Healing & Reiki 6:30pm-8:30pm STUDIO With tania
FRI	Somatic body movement 9:30 AM - 10:45 AM STUDIO With Lana		Intuitive flow: 11:00am-12:15pm STUDIO With Gabriella		Aerial Yoga (for kids) 4:00pm - 5:00pm STUDIO With Celia	Power Flow 5:00pm-6:15pm STUDIO With Luisa	Yin Yoga 5:00pm - 6:15pm ADDAH With LeiLei	Aerial Yoga 6:30pm - 8:00pm STUDIO With Luisa
SAT	Aerial Yoga 9:00 am - 10:30 am STUDIO With Masha		Yoga Therapy 11:00am -12:30pm STUDIO With LeiLei		Core & Flow 5:00pm - 6:15pm ADDAH With Sol	Myofascial with YinYoga 5:00pm - 6:15pm STUDIO With Luisa	Somatic Sound Healing 6:30pm - 8:00pm STUDIO With Yanna BOOKING REQUIRED	