

# FITNESS SCHEDULE - AUGUST 2008

YOGA, AQUAGYM, ABDO-PILATES, TAEBO, BELLY DANCE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:30		Hatha Flow Yoga - 60' (Ms. Tram)		Hatha Flow Yoga - 60' (Ms. Tram)			
9:00 - 10:00		Aquagym for beginners (Ms. Vy) - 60'		Aquagym for beginners (Ms. Vy) - 60'		Aquagym for beginners (Ms. Vy) - 60'	Abdo-pilates - 60' (Ms. Vy)
9:35 - 11:05	Iyengar Yoga - 90' (Ms. Monica/ Talitha)	Sivananda Yoga - 90' (Ms. Tram)	Iyengar Yoga - 90' (Ms. Monica/ Talitha)	Sivananda Yoga - 90' (Ms. Tram)	Iyengar Yoga - 90' (Ms. Monica/ Talitha)	Iyengar Yoga - 90' (Ms. Monica/ Talitha)	
10:30 - 12:00							Vinyasa Yoga - 90' (Ms. Talitha)
11:15 - 12:15	Hatha Yoga - 60' (Mr. Phuong)		Hatha Yoga - 60' (Mr. Phuong)		Hatha Yoga - 60' (Mr. Phuong)		
12:30 - 13:30	Taebo - 60' (Ms. Vy)		Taebo - 60' (Ms. Vy)		Taebo - 60' (Ms. Vy)		
14:30 - 15:30							Aquagym (Ms. Vy) - 60'
15:00 - 16:00		Abdo-pilates - 60' (Ms. Vy)		Abdo-pilates - 60' (Ms. Vy)		Abdo-pilates - 60' (Ms. Vy)	
16:15 - 17:15		Hatha Yoga - 60' (Mr. Phuong)		Hatha Yoga - 60' (Mr. Phuong)		Hatha Yoga - 60' (Mr. Phuong)	Hatha Yoga - 60' (Mr. Phuong)
16:00 - 17:30	Power Yoga - 90' (Ms. Nhu Y)		Power Yoga - 90' (Ms. Nhu Y)		Power Yoga - 90' (Ms. Nhu Y)		
17:45 - 18:45	Abdo-pilates - 60' (Ms. Vy)	Belly Dance - 60' (Ms. Inessa)	Abdo-pilates - 60' (Ms. Vy)	Belly Dance - 60' (Ms. Inessa)	Abdo-pilates - 60' (Ms. Vy)		
19:00 - 20:30	Power Yoga - 90' (Ms. Nhu Y)	Sivananda Yoga - 90' (Ms. Tram)	Power Yoga - 90' (Ms. Nhu Y)	Sivananda Yoga - 90' (Ms. Tram)	Belly Dance - 60' (Ms. Inessa)		

■ The company is entitled to change fitness classes schedule without prior notice to circumstances. Private coaching by appointment only.

■ Outdoor activities might be cancelled if it rains half an hour before the class starts.

\* Ms. Monica will be away from 5th to 29th Aug. She will be replaced by Ms. Talitha and comes back on Sat 30th Aug.

\* Ms. Inessa will be away on 16th Aug 2008. Her class (Belly Dance) will be canceled during her absence.

**L'Apothiquaire**

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