



WELLNESS

CLASS SCHEDULE



WELLNESS

SCHEDULE MAY

10:00AM

MONDAY 6TH

10:00AM

TUESDAY 7TH

10:00AM

WEDNESDAY 8TH

10:00AM

THURSDAY 9TH

10:00AM

FRIDAY 10TH

10:00AM

SATURDAY 11TH

10:00AM

SUNDAY 12TH

SP WELLNESS SUP SOUND HEALING



WELLNESS

SCHEDULE MAY

10:00AM

MONDAY 13TH

10:00AM

TUESDAY 14TH

10:00AM

WEDNESDAY 15TH

SP WELLNESS SUP SOUND HEALING

10:00AM

THURSDAY 16TH

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FRIDAY 17TH

10:00AM

SATURDAY 18TH

10:00AM

SUNDAY 19TH

SP WELLNESS SUP YOGA



WELLNESS

SCHEDULE MAY

10:00AM

MONDAY 20TH

SP WELLNESS SUP PILATES

10:00AM

TUESDAY 21 ST

MCH SUP YOGA

10:00AM

WEDNESDAY 22ND

10:00AM

THURSDAY 23RD

10:00AM

FRIDAY 24TH

10:00AM

SATURDAY 25TH

SP WELLNESS SUP SOUND HEALING

10:00AM

SUNDAY 26TH

SP WELLNESS SUP YOGA



WELLNESS

SCHEDULE MAY/ JUNE

10:00AM

MONDAY 27TH

SP WELLNESS SUP PILATES

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TUESDAY 28TH

10:00AM

WEDNESDAY 29TH

10:00AM

THURSDAY 30TH

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FRIDAY 31ST

MCH SUP PILATES

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SATURDAY 1ST

10:00AM

SUNDAY 2ND

SP WELLNESS SUP YOGA



WELLNESS

SCHEDULE JUNE

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MONDAY 3RD

SP WELLNESS SUP PILATES

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WEDNESDAY 5TH

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THURSDAY 6TH

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