

MONDAY VIRTUAL CLASSES 30.3.20

12.00 pm

Shenae

Mat Pilates

45 Minutes

5.15 pm

Cat

Vinyasa Yoga

60 minutes

6.15 pm

Shenae

Mat Pilates

45 minutes

7.15 pm

Marianne

Zumba

45 minutes

TUESDAY

10.00 am

Shenae

Mat Pilates

45 minutes

6.15 pm

Shenae

Mat Pilates

45 minutes

7.15 pm

Ekaterina

Vinyasa

60 minutes

WEDNESDAY

6.30 am

Serena

Mat Pilates

45 minutes

12.00 pm

Shenae

Mat Pilates

45 minutes

5.15 pm

Shenae

Mat Pilates

45 minutes

6.15 pm

Gloria

Zumba

45 minutes

7.15 pm

Ekaterina

Yin Yoga

60 minutes

THURSDAY

10.00 am

Vien

Mat Pilates

45 minutes

6.15 pm

Oriana

Mat Pilates

45 minutes

7.15 pm

Ekaterina

Vinyasa Yoga

60 minutes

FRIDAY

6.30 am
Serena

Mat Pilates
45 minutes

10.00 am
Vien

Mat Pilates
45 minutes

11.00am
Cat

VinyasaYoga
60 minutes

SATURDAY

9.00 am
Shenae

Mat Pilates
45 minutes

10.00 am
Ekatrina

Vinyasa Yoga
60 minutes

SUNDAY

9.00 am
Ekatrina

Hatha Vinyasa Yoga
60 minutes

10.00 am
Shenae

Reformer Pilates
45 minutes

11.00 am
Maytreyc

Zumba
45 minutes

VIRTUAL CLASS CONDITIONS

Please download and sign up with FREE Zoom Cloud Meeting

You can received the Invitation link by emailing health@qurome.com

Passwords for the classes will be emailed out if a member or you have a paid trial

Before class starts please enjoy taking to the instructor and students - Community

Please give the instructor input about the classes at the end of the class, to help us

to continue to make this a better experience for you