

August

MONDAY			
TIME	CLASS	instructor	STUDIO
6:45-7:30	GROUP CYCLE		
6:45-7:15	HIIT THE GYM	James	3
7:15-7:45	CORE TRAINING	James	3
7:50-8:20	POWER PLATE	James	4
9:30-10:15	MAT PILATES	Gaby	1
10:30-11:15	MOSAIC MUMS POST	Maureen	1
10:45-11:40	TOWER PILATES*	Gaby	5
12:15-13:00	VIBE CYCLE	Zoe	2
13:00-13:45	SUSPENSION	Mike	3
13:15-13:45	POWER PLATE	James	4
18:00-18:55	TOWER PILATES*	Gaby	5
18:30-19:30	BOOT CAMP 60	Mike	3
18:30-19:15	POWER ZUMBA	Lisandra	1
18:10-18:55	INDOOR WALKING	Gerard	4
19:00-19:45	GROUP CYCLE	Gerard	2
19:15-20:00	MAT PILATES	Gaby	1
19:30-20:30	CIRCUIT	Mike	3
20:00-20:55	TOWER PILATES*	Gaby	5
20:45-21:15	HIIT THE GYM	Mike	

FRIDAY			
TIME	CLASS	instructor	STUDIO
6:45-7:30	GROUP CYCLE	NO INSTR.	2
7:00-7:45	BODY BALANCE		
7:00-7:45	BOX CAMP	Mike	3
7:45-8:15	CORE TRAINING	Mike	3
8:30-9:15	BODY BOOSTER	Sam	1
9:30-10:25	TOWER PILATES*	Gaby	5
10:00-10:45	VIBE CYCLE	Zoe	1

12:00-12:55	TOWER PILATES*	Gaby	5
12:15-13:00	BOOT CAMP 45	Mike	3
13:00-14:00	HATHA YOGA	Tatjana	1
17:30-18:00	SWISS BALL 30	Saaj	1
18:00-18:30	HIIT THE GYM	Saaj	3
18:30-19:00	POWER PLATE	Saaj	4

TUESDAY			
TIME	CLASS	instructor	STUDIO
6:45-7:30	BODY COMBAT		
7:00-8:45	GROUP CYCLE	Armando	2
7:00-7:30	SPRINTS	Mike	3
7:30-8:00	CORE TRAINING	Mike	3
7:30-7:25	TOWER PILATES*	Gaby	5
9:30-10:25	TOWER PILATES*	Gaby	5
9:30-10:15	RAISE THE BARRE	Shanee	1
10:15-10:45	POWER PLATE	Armando	4
12:00-12:55	TOWER PILATES*	Gaby	5
12:15-12:45	HIIT THE GYM	James	3
12:15-13:00	BOOIKA	Zoe	1
13:00-13:45	SWISS BALL 45	James	1
18:00-18:45	SUSPENSION	Saaj	3
18:00-18:45	MOSAIC MUMS PRE	Shanee	1
18:00-18:45	GROUP CYCLE	Kris	2
18:45-19:45	BOXING	Charlie	3
18:45-19:40	TOWER PILATES*	Gaby	5
18:45-19:30	BODY BOOSTER	Kris	1
19:45-20:45	BOXING YOGA	Kikki	1

SATURDAY			
TIME	CLASS	instructor	STUDIO
9:15-10:15	BOOT CAMP 60	Mike	3
9:15-10:15	TOWER PILATES*	Gaby	5
10:15-11:00	MAT PILATES	Gaby	1
10:30-11:30	BOXING	Mike	3
10:30-11:15	GROUP CYCLE	Eniko	2
11:45-12:45	CIRCUIT	Mike	3
11:30-12:25	TOWER PILATES*	Gaby	5
11:30-12:15	RAISE THE BARRE	AJ	1
12:30-13:15	MOVE!	AJ	1

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We have a 24 hour cancellation policy - classes cancelled within this time frame may be chargeable

WEDNESDAY			
TIME	CLASS	instructor	STUDIO
6:45-7:30	GROUP CYCLE		
7:45-8:30	INDOOR WALKING	Gerard	4
7:00-7:45	BODY PUMP	NO INSTR.	2
7:00-7:45	BOOT CAMP 45	Mike	3
8:30-9:00	POWER PLATE	Mike	4
9:30-10:25	TOWER PILATES*	Gaby	5
10:15-11:00	BABY2BARRE	Shanee	1
12:00-12:45	MAT PILATES	Maureen	1
12:30-13:15	SUSPENSION	Mike	3
12:45-13:30	VIBE CYCLE	Zoe	2
18:00-18:45	MOSAIC PUMP	Shanee	1
18:30-19:15	GROUP CYCLE	Kris	2
18:30-19:25	TOWER PILATES*	Gaby	5
18:45-19:30	YOGA FOR SPORT	James	1
18:45-19:30	TACFIT	Mark	3
19:30-20:15	MTV DANCE	Kris	1
20:00-20:30	HIIT THE GYM	Mark	

SUNDAY			
TIME	CLASS	instructor	STUDIO
9:15-9:45	POWER PLATE	James	4
10:00-10:45	GROUP CYCLE	James	2
11:00-12:00	BOOT CAMP 60	James	3
11:15-12:00	STEP	Shanee	1
12:00-12:45	SUSPENSION	James	3
12:15-13:15	HATHA YOGA	Tatjana	1

THURSDAY			
TIME	CLASS	instructor	STUDIO
6:30-7:00	POWER PLATE	James	4
6:45-7:40	TOWER PILATES*	Gaby	5
7:00-7:45	GROUP CYCLE	Saaj	2
7:00-7:45	SUSPENSION	James	3
7:45-8:15	SWISS BALL 30	James	1
9:30-10:25	TOWER PILATES*	Gaby	5
10:15-11:00	POWER ZUMBA	Zoe	1

12:00-12:45	PLATES & WALKERS	James	4
12:45-13:15	HIIT THE GYM	James	3
13:00-13:45	PURE STRETCH	Zoe	1

18:15-19:00	RAISE THE BARRE	Shanee	1
18:30-19:15	SUSPENSION	Mike	3
18:45-19:40	TOWER PILATES*	Gaby	5
19:00-19:45	STEP	Shanee	1
19:30-20:30	BOOT CAMP 60	Mike	3
20:00-21:00	POWER YOGA	Simona	1
20:45-21:15	POWER PLATE	mMike	4

MIND BODY
STUDIO CONDITIONING
DANCE
MUMS
GYM
GROUP CYCLE
POWER PLATE
INDOOR WALKING
EXHALE PILATES*

*Separate Costs Apply - Ask At Reception

