

Time	MONDAY	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM		Closed					
8:30 AM							
9:15 AM	Gravity: PILATES		willPower & grace®	Pilates on BOSU	CardioPUNCH Circuit		
9:30 AM						Spartacus - Indoor Bootcamp	Functional YOGA (NEW)
10:30 AM	Pilates on the circuit background-color: #008000; color: white; text-align: center;">Functional YOGA (NEW)		Gravity: PILATES	Gravity: PILATES	CrossCore Legs Bums & Tums	Circuit Flow	CoreBalance180
11:30 AM							Power YOGA (NEW)
11:45 AM							Gravity: PILATES
12:30 PM							Spartacus - Indoor Bootcamp
1:00 PM							Gravity: PILATES
1:45 PM							Gravity: PILATES
2:00 - 5:00 PM	Personal Training					Personal Training	
5:30 PM			Gravity: PILATES				
6:30 PM	Gravity: PILATES	CrossCore Legs Bums & Tums	Pilates Core Strength				
7:00 PM	Pilates Neck & Back Care						
7:30 PM	CardioPUNCH Circuit	Power YOGA (NEW)					
8:00 PM		Pilates on the circuit	Circuit Flow				
8:30 PM							

THUMPI Boxing	Boxing + Callisthenics (Partner work)	Functional YOGA (NEW)	Yoga 4 functional well being & improve performance	CrossCore (Legs Bums &Tums)	Rotational Bodyweight Training to train your legs bums & tums
Pilates Challenge	A Pilates repertoire to build a stronger core	Pilates on the circuit	Pilates Equipment-based Workout	Circuit Flow	A 45 mins circuit to develop strength, cardio endurance & coordination
CardioPUNCH Circuit	Circuit-based boxing training	Pilates Core Strength	Pilates Core challenge with props	Gravity: PILATES	Pilates on The Gravity Training System
Pilates on BOSU	Pilates Core work on BOSU	willPower & grace®	Cardiovascular foot fitness	Spartacus - Indoor Bootcamp	A 45 min Bodyweight HIIT for Stamina and Strength
CoreBalance180	Workout for your Core, Balance & Strength	Pilates Neck & Back Care	Pilates for Neck & Back Strenghtening	Power YOGA (NEW)	A stress-relieving Yoga class 4 stamina, strength & flexibility

Terms & Conditions

- 1) Momentum reserves the right to change the schedule without prior notice
- 2) Minimum 2 to start a group class
- 3) Advance booking is required
- 4) 24 hours Cancellation Policy Apply