

CLAY

WELLNESS

Active Living **Aartie Shivlani**
Ante-Natal-Care: **Sonali Shivlani**
Nerva Yoga : **Sonal Ahuja**
Pilates : **Deepa Bajaj**
Kids Yoga: **Mini/Jasmeet**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.30 - 8.30am	Nerva Yoga		Nerva Yoga		Nerva Yoga	
8.45 - 9.45 am	Pilates				Pilates	
9.00 - 10.00am		Active Living		Active Living		Active Living (8.45 - 9.45)
10.00 - 11.00am	Nerva Yoga		Nerva Yoga		Nerva Yoga	Antenatal Information program
10.30 - 11.30am		Antenatal Exercise				
11.30 - 12.30pm	Active Living		Active Living		Active Living	Antenatal Exercise (12 - 1 pm)
4:00 - 5:00 pm						
5:00 - 6:00 pm	ZUMBA	Kids Yoga	Kids Yoga	ZUMBA	Pilates	
6:00 - 7 :00 pm	Pilates	Kids Yoga		Antenatal Exercise (6.15 - 7.15 pm)		
7:00 - 8:00pm	Active Living		Active Living		Active Living	
7:30 - 8:30pm		Active Living		Active Living		

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