

WORKSHOP WEEKLY SCHEDULE

Instructor :Thushara (T), Sanjaya (S), Aditya (A)

Mon	Tue	Wed	Thu	Fri	Sat
Pilates T 8:30 ~ 9:30	Yoga S 8:15 ~ 9:15	Yoga S 8:15 ~ 9:15	Yoga S 8:15 ~ 9:15	Yoga S 8:15 ~ 9:15	Yoga S 8:00 ~ 9:00
Yoga S 10:00 ~ 11:00	Aerobics S 10:00 ~ 11:00	Kickboxing S 10:00 ~ 11:00	Circuit training S 10:00 ~ 11:00	Aerobics S 10:00 ~ 11:00	Karate S 9:00 ~ 10:00
Kickboxing S 18:00 ~ 19:00	Yoga S 18:00 ~ 19:00	Aerobics S 18:00 ~ 19:00	Yoga S 18:00 ~ 19:00	Circuit training S 18:00 ~ 19:00	Yoga A 17:00 ~ 18:00
Aerobics S 19:15 ~ 20:15	Yoga S 19:15 ~ 20:15	Kickboxing S 19:15 ~ 20:15	Yoga S 19:15 ~ 20:15	Circuit training S 19:15 ~ 20:15	
Yoga S 20:15 ~ 21:15		Yoga S 20:15 ~ 21:15		Yoga S 20:15 ~ 21:15	

<Yoga (S)>

- 1000Rs /1 class
- 3200Rs /4 class (valid 4 wk)
- 6000Rs /8 class (valid 6 wk)

<Aerobics, kickboxing & circuit (S)>

- 700Rs /1 class
- 4000Rs /unlimited (valid 4 wk)

<Karate (S)>

- 2000Rs /4 class (valid 4 wk)

<Pilates (T)>

- 1500Rs /1 class

<Yoga (A)>

- 1500Rs /1 class

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