

December Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 -9:30 am Personal Training Sign up only - Studio A	6.30am - 7.30am Hatha Yoga Flow Instructor - Nicole	8:30 -9:30 am Personal Training Sign up only - Studio A	7am - 8am Non Hot Pilates Combo Instructor - Yvonne	9.30am -10.30am Hot Vinyasa Flow Instructor - Nicole	8:30 - 9:30 am Non Hot Pilates Combo Instructor: Yvonne	9:00-4:00 pm Yoga Teachers Training
						11am -12pm Hot Pilates Pilates Instructors
12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm Non Hot Sweat &Sculpt Instructor- Sanhita	12:00 - 1:00 pm Non Hot Pilates Combo Instructor: Yvonne	12:00 - 1:00 pm Non Hot Power Yoga Instructor: Renu	12.00 - 1.00 pm Sweat & Sculpt Instructor - Sandra	9.45am - 10.45am Hot vinyasa flow Instructor - yani	
5pm -5.45pm Hot Pilates Instructor - Yvonne	5.00 pm - 6.00 pm Hot Pilates Cardio,Core & Crush Instructor - Yvonne	5.00 pm - 6.00 pm Not Hot Bar Pilates Instructor : Yvonne	5pm - 6pm Hot Pilates Instructor - Monika	5.30 pm - 6.30 pm Cardio fusion Pilates Hot Instructor -Kris.k		5.30pm- 6.30pm Hot Pilates Instructor -Cristina
5:30 - 6:30 pm Group Personal Training Sign up only - Studio B		5:30 - 6:30 pm Group Personal Training Sign up only - Studio B	5:30 - 6:30 pm Group Personal Training Sign up only - Studio B			6.45pm -7.45pm Hot Vinyasa Flow Instructor - Alexia
5.50PM - 6.50PM Bar & Band Pilates Non Hot Instructor - Yvonne			6.15pm - 7.15pm Hot Deep Flow Yoga Instructor - Michelle	6.45 pm - 7.45 pm Hot Mindful Movement Flow Instructor - Renu		
6.15pm -7.15pm Hot Yin&Yang Flow Instructor - Renu	6.15 pm-7.15 pm Non Hot Hatha Flow Yoga Instructor - Cristina	6.15 pm- 7.15 pm Hot Vinayasa Flow Yoga Instructor: Renu	7pm - 8pm Vinyasa Flow Yoga Instructor - Renu			
	7.30pm -8.30 pm Non Hot Pilates Instructor - Cristina	7.30pm - 8.30 pm Hot Bar Pilates Instructor - yvonne	7.30 pm - 8.30 pm Hot pilates Instructor - Monika			
7.30pm-8.30pm Hot Sculpt Yoga Instructor - Chandrajit	8 pm - 9 pm Nurture & restore Yoga Non Hot Instructor-Michelle	7.45 pm- 8.45 pm Zen Flow Yoga Non Hot Instructor - Mandy				

Please Note: Group Personal Training is a sign up only and not part of class packages.

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