

Class Schedule of December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 - 9:30 am Non Hot Pilates Combo Instructor: Yvonne	9:00-4:00 pm Yoga Teachers Training
	9.30am - 10.30 am Hatha yoga Flow Instructor - Renu		9.30am - 10.30am Non Hot Pilates Instructor - Sandra		9.45am-10.45am Hot Hatha Yoga Flow Instructor- Yani	9.30am -10.30am Hot Pilates Instructor :Takshi
12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm Non Hot Sweat &Sculpt Instructor -Karina	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 Non Hot Sweat & Sculpt Instructor - Sanhita		
5:30- 6:30 pm 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	5.00 pm - 6.00 pm Hot Pilates Instructor -Amanda	5.00 -6.00 pm Cardio fusion Pilates Hot Instructor -Kris.k		
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			6.30pm-7.30pm Hot Vinyasa Flow Instructor- olga
			7.00 pm - 8.00 pm Non Hot Vinyasa Flow Instructor - Renu	6.15 pm -7.15 pm Non Hot Mindful Movement Flow Instructor - Renu		
6.45pm - 7.45pm 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	6.15 pm - 7.15 pm Hot Deep Flow Yoga Instructor : Michelle			
7.30pm -8.30pm Non Hot Hatha flow Instructor - Cristina	7.30 pm-8.30 pm Non Hot Pilates Instructor - Sarah	7.30 PM-8.30 PM Hot Bar Pilates Instructor - yvonne	7.30 pm - 8.30 pm Hot pilates Instructor -Takshi			
		8PM - 9PM Move & Meditate Non Hot Instructor - Karina				

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