

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 <b>Non Hot</b> Pilates Combo Instructor: Yvonne	9:00-4:00 pm <b>Yoga</b> <b>Teachers Training</b>
12.00-1.00 pm <b>Non Hot</b> Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm <b>Non Hot</b> Sweat &Sculpt Instructor- Sanhita	12:00 - 1:00 pm <b>Non Hot</b> Pilates Combo Instructor: Yvonne	12:00 - 1:00 pm <b>Non Hot</b> Power Yoga Instructor: Renu	12.00 - 1.00 pm Sweat & Sculpt Instructor - Sandra	9.45am - 10.45am <b>Hot</b> vinyasa flow Instructor - yani	
5pm -5.45pm <b>Hot Pilates</b> Instructor - Yvonne	5.00 pm - 6.00 pm <b>Hot Pilates</b> <b>Cardio,Core &amp; Crush</b> Instructor - Yvonne	5.00 pm - 6.00 pm <b>Not Hot</b> Bar Pilates Instructor : Yvonne	5pm - 6pm <b>Hot Pilates</b> Instructor - Monika	5.30 pm - 6.30 pm <b>Form&amp; Flow</b>  <b>Hot</b> Instructor -Kris.k		<b>5.30pm- 6.30pm</b> <b>Hot Pilates</b>  <b>Instructor - Serena</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	5:30 - 6:30 pm Group Personal Training Sign up only - Studio B			<b>6.45pm -7.45pm</b> <b>Hot Vinyasa Flow</b>  Instructor - Alexia
5.50PM - 6.50PM Bar & Band Pilates Non Hot Instructor - Yvonne			6.15pm - 7.15pm <b>Hot Deep Flow Yoga</b> Instructor - Michelle	6.45 pm - 7.45 pm <b>Hot</b> Mindful Movement Flow Instructor - Renu		
6.15pm -7.15pm <b>Hot</b> Yin&Yang Flow Instructor - Renu	6.15 pm-7.15 pm <b>Non Hot</b> Hatha Flow Yoga Instructor - Cristina	6.15 pm- 7.15 pm <b>Hot</b> <b>Vinayasa Flow Yoga</b> Instructor: Renu	7pm - 8pm <b>Vinyasa Flow Yoga</b> Instructor - Renu			
	7.30pm -8.30 pm <b>Non Hot Pilates</b> Instructor - Cristina	7.30pm - 8.30 pm <b>Hot Bar Pilates</b> Instructor - yvonne	7.30 pm - 8.30 pm <b>Hot pilates</b> Instructor - Monika			
7.30pm-8.30pm <b>Hot Sculpt Yoga</b> Instructor - Chandrajit	8 pm - 9 pm <b>Nurture &amp; restore</b> <b>Yoga</b> Non Hot Instructor-Michelle	8pm - 9pm <b>Zen Yoga Flow</b> Non - Hot Instructor - Renu				

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