

December Schedule 2025

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	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
					9.45am - 10.45am Hot Vinyasa Flow Instructor - Yani	9am - 1pm Pilates Teachers Training
12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm Non Hot Sweat &Sculpt Instructor - Sandra	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		
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		11am - 12pm Hot Pilates Instructor - Sandra	5.30pm - 6.30pm Hot Pilates Instructor - Monika
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	5.30pm -6.20pm Pilates Ignite Non - Hot Instructor - Cristina		6.45pm -7.45pm Energizing Vinyasa Instructor - Alexia
5.50PM - 6.50PM Bar & Band Pilates Non Hot Instructor - Yvonne			6.15pm - 7.15pm Hatha Flow Hot Instructor - Renu	6.30 pm -7.30pm Hot Vinyasa Flow Yoga Instructor - Chandrajit		
6.15pm -7.15pm Hot Yin&Yang Flow Instructor - Renu	6.15 pm-7.15 pm Non Hot Pilates Instructor - Cristina	6.15 pm- 7.15 pm Hot Vinayasa Flow Yoga Instructor: Renu	7.15pm - 8.15pm Vinyasa Flow Yoga Non - Hot Instructor - Renu			
	7.30pm -8.30 pm Hot Sculpt Yoga Instructor - Cristina	7.30pm - 8.30 pm Hot Bar Pilates Instructor-Monika	7.30 pm - 8.30 pm Mat Reformer Flow Hot Instructor- Tatjana			
7.30pm-8.30pm Hot Sculpt Yoga Instructor - Alexia	7.45pm - 9pm Nurture - Restorative yoga Non Hot Instructor-Michelle	7.45pm to 8.45pm. Zen Yoga Flow Non - Hot Instructor - Katrina				

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

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