

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		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>
					9.45am - 10.45am <b>Hot</b> Vinyasa Flow Instructor - Yani	9am - 1pm <b>Pilates Teachers</b> <b>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- Susanna	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		
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	4.15pm - 5.15pm <b>Beginners Yoga</b> <b>Hot</b> Instructor - Renu ù	11am - 12pm <b>Hot Pilates</b> Instructor - Sandra	<b>5.30pm - 6.30pm</b> <b>Hot Pilates</b> <b>Instructor - Monika</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	5.30pm -6.20pm Pilates Ignite Non - Hot Instructor - Cristina		<b>6.45pm -7.45pm</b> <b>Energizing Vinyasa</b> Instructor - Alexia
5.50PM - 6.50PM Bar & Band Pilates Non Hot Instructor - Yvonne			6.15pm - 7.15pm <b>Hatha Flow</b> <b>Hot</b> Instructor - Renu	6.30 pm -7.30pm <b>Hot</b> <b>Vinyasa Flow Yoga</b> Instructor - Chandrajit		
6.15pm -7.15pm <b>Yin&amp; Yang Flow</b> <b>Hot</b> Instructor - Renu	6.15 pm-7.15 pm <b>Hatha Flow Yoga</b> Non Hot Instructor - Cristina	6.15 pm- 7.15 pm <b>Hot</b> <b>Vinayasa Flow Yoga</b> Instructor: Renu	7.15pm - 8.15pm <b>Vinyasa Flow Yoga</b> Non - Hot Instructor - Renu			
	7.30pm -8.30 pm Fire Core Pilates <b>Hot</b> Instructor - Cristina	7.30pm - 8.30 pm <b>Hot Bar Pilates</b> Instructor-Monika	7.30 pm - 8.30 pm <b>Mat Reformer Flow</b> <b>Hot</b> Instructor- Cristina			
7.30pm-8.30pm <b>Hot Sculpt Yoga</b> Instructor - Alexia	7.45pm - 9pm <b>Nurture - Restorative</b> <b>yoga</b> Non Hot Instructor-Michelle	7.45pm to 8.45pm. <b>Zen Yoga Flow</b> Non - Hot Instructor - Katrina				

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