holistic
BODY WORX

November Schedule 2026

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 n b 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 - 10am **Non Hot Pilates** **Pilates Students**
12.00-1.00 pm **Non Hot** Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm **Non Hot** Sweat &Sculpt Instructor- Susanna	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 Intructor : Yvonne	5pm - 6pm **Zumba Dance Class** instructor - Gabby		11am - 12pm **Hot Pilates** Instructor - Sandra	**6pm - 6.50pm** **Hot Pilates Sculpt** **Instructor - seirra**
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 Non Hot Pilates Instructor - Monika	5.30pm -6.20pm Pilates Ignite Non - Hot Instructor - Isabella		**7pm - 8pm** **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 **Yin& Yang Flow** **Hot** Instructor - Renu	6.15 pm-7.15 pm **Hatha Flow Yoga** Non Hot Instructor - Cristina	6.15 pm- 7.15 pm **Hot** **Vinayasa Flow Yoga** Instructor: Renu	7.30 pm - 8.30 pm **Mat Reformer Flow** **Hot** Instructor- Madison			
	7.30pm -8.30 pm Fire Core Pilates **Hot** Instructor - Cristina	7.30pm - 8.30 pm **Hot Bar Pilates** Instructor-Monika				
7.30pm-8.30pm **Hot Sculpt Yoga** Instructor - Alexia	8pm - 9.10pm **Nurture - Restorative yoga** Non Hot Instructor-Michelle	7.45pm to 8.45pm. **Zen Yoga Flow** Non - Hot nstructor - Yoga Students	7.45 pm - 8.45pm **Vinyasa Flow** Non Hot Instructor - Ivanna			

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

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