

Class Schedule for November 2021

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
					10 am - 11am Hot HIIT/Shred Instructor -Yvonne	9.30 am - 10.30 am Pilates Movement Hot Instructor -Melinda
12:00-1:00 pm Non Hot Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm Non Hot Body 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			
5:30- 6:30 pm Hot Pilates Instructor - Yvonne	5.00 pm - 6.00 pm Hot Pilates Cardio,Core & Crush Instructor - Melinda	5.00 pm - 6.00 pm Not Hot Bar Pilates Instructor : Yvonne	5.00 pm - 6.00 pm Hot Pilates Instructor: Melinda	5.00 -6.00 pm Hot Pilates Instructor - Olaf		
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			5:30 - 6:30 pm Hot Vinyasa Flow Instructor: Cristina
				6.15 pm -7.15 pm Non Hot Karma Yoga Class Instructor -Sidney		
7:00 - 8:00 pm Non 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			
	7.30 pm-8.30 pm Hot Pilates Instructor -Pegah	7.30 PM-8.30 PM Hot Pilates Instructor - yvonne	7 pm - 8 pm Vinyasa Flow Studio B Instructor -Renu			
			7.30 pm -8.30 pm Hot Pilates (Booty Blast &Core) Instructor - Olaf			

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