

### Class Schedule of November 2022

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 <b>Non Hot</b> Pilates Combo Instructor: Yvonne	9:00-4:00 pm <b>Yoga</b> <b>Teachers Training</b>
9.30am - 10.30am <b>Non Hot</b> <b>Pilates Combo</b> Instructor - Crystal	9.30am - 10.30 am Hatha yoga Flow Instructor - Renu		9.30am - 10.30am <b>Non Hot Pilates</b> Instructor - Sandra		10.00am -11.00am <b>Hot</b> Hatha Yoga Flow Instructor- Yani	9.30am -10.30am <b>Hot Pilates</b> Instructor :Takshi
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 -Karina	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 <b>Non Hot</b> Sweat & Sculpt Instructor - Sanhita		
5:30- 6:30 pm <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	5.00 pm - 6.00 pm <b>Hot Pilates</b> Instructor -Amanda	5.00 -6.00 pm <b>Cardio fusion Pilates</b> <b>Hot</b> Instructor -Kris.k		
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			6.30pm-7.30pm <b>Hot Vinyasa Flow</b> Instructor- olga
			7.00 pm - 8.00 pm <b>Non Hot Vinyasa Flow</b> Instructor - Renu	6.15 pm -7.15 pm <b>Non Hot</b> Mindful Movement Flow Instructor - Renu		
6.45pm - 7.45pm <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> Vinayasa Flow Yoga Instructor: Renu	6.15 pm - 7.15 pm <b>Hot Deep Flow</b> Yoga Instructor : Michelle			
7.30pm -8.30pm Non Hot Hatha flow Instructor - Cristina	7.30 pm-8.30 pm Non Hot Pilates Instructor - Sarah	7.30 PM-8.30 PM <b>Hot Bar Pilates</b> Instructor - yvonne	7.30 pm - 8.30 pm <b>Hot pilates</b> Instructor -Takshi			
		8PM - 9PM <b>Move &amp; Meditate</b> Non Hot Instructor - Karina				

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