

November Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 -9:30 am Personal Training Sign up only - Studio A	9.30am -10.30am Hatha Yoga Flow Instructor -Renu	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 Non Hot Pilates Combo Instructor: Yvonne	9:00-4:00 pm Yoga Teachers Training
	12pm - 1pm Post Natal Fusion Instructor- Afrinda	9.30am- 10.30am Non Hot Pilates Instructor - Sandra		12pm- 1pm Post natal Fusion Instructor- Afrinda	9.30am - 10.30am Kids Yoga Flow Instructor- Afrinda	
12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm Non Hot Sweat &Sculpt Instructor- Sanhita	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	9.45am - 10.45am Hot vinyasa flow Instructor - yani	
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	5.00 pm - 6.00 pm Hot Pilates Instructor - Bahar	5.30 pm - 6.30 pm Cardio fusion Pilates Hot Instructor -Kris.k		5pm -6pm Hot Pilates Instructor -Bahar
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 Hot Vinyasa Flow Instructor - Olga
5.45pm-6.45pm Bar & Band Pilates Non Hot Instructor - Yvonne			7.00 pm - 8.00 pm Non Hot Vinyasa Flow Instructor - Renu	6.45 pm - 7.45 pm Hot Mindful Movement Flow Instructor - Renu		
6.15pm -7.15pm 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			
	7.30pm -8.30 pm Non Hot Pilates Instructor - Cristina	7.30pm - 8.30 pm Hot Bar Pilates Instructor - yvonne	7.30 pm - 8.30 pm Hot pilates Instructor -Kris.k			
8pm - 9pm Hot Sculpt Yoga Instructor - Chandrajit	8 pm - 9 pm Nurture & restore Yoga Non Hot Instructor-Michelle	8 pm -9 pm Vinyasa Flow Non Hot Instructor - Renu				

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