

## Class Schedule for January 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>
					10 am - 11am <b>Hot HIIT/Shred</b> Instructor -Yvonne	9.30am -10.30am <b>Hot Pilates</b> Instructor -Melinda
12:00-1:00 pm <b>Non Hot</b> Pilates Combo Instructor:Yvonne	12:00 - 1:00 pm <b>Non Hot</b> Body 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			
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 - Malak	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: Melinda	5.00 -6.00 pm <b>Hot Pilates</b> 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 <b>Hot Vinyasa Flow</b> Instructor: Cristina
			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		
7:00 - 8:00 pm <b>Non 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			
	7.30 pm-8.30 pm <b>Hot Pilates</b> Instructor -Pegah	7.30 PM-8.30 PM <b>Hot Pilates</b> Instructor - yvonne	7.30 pm - 8.30 pm <b>Hot pilates</b> <b>(Booty Blast &amp;Core)</b> Instructor - Olaf			

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