

CLASS SCHEDULE FOR OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Non Hot Strengthening Yoga Instructor : Renu	9:30 - 10:30 am Hot Hatha Flow Yoga Instructor- Afrinda	9.30 - 10.30am Non Hot Pilates Combo Instructor: Sandra	9:30 - 10:30 am Non Hot Hatha Flow Yoga Instructor: Renu	9:30 - 10:30 am Non Hot Pilates Combo Instructor : Sandra	8:30 - 9:30 am Pilates Combo Instructor: Yvonne	
	12:00 - 1:00 pm Body Sculpt Instructor: Karina			12.00 - 1.00 pm Yogalates Instructor: Karina	9:30 - 10:30 am Hot Classical Flow Yoga Instructor: Tony	10.00 - 11:00 am Pilates by Melinda Instructor: Melinda
12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne	4:00 - 5:00 pm Group Personal Training Sign up only - Studio B	12:00 - 1:00 pm Non Hot Hatha Flow Yoga Instructor: Yvonne	12:00 - 1:00 pm Barre Pilates Combo Instructor: Yvonne		10:45 - 11:45 am Hot Pilates Instructor: Marcela	
5:00 - 6:00 pm Hot Pilates Instructor: Yvonne	5.00 - 6.00 pm Hot Pilates Instructor: Amanda	5:00 - 6:00 pm Hot Pilates Instructor: Yvonne	5:00 - 6:00 pm Hot Pilates Instructor: Melinda	4.30pm -5.15pm Non Hot Yoga Kids&Teen Yoga Instructor: Renu		
5:30 - 6:30 pm Group Personal Training Sign up only - Studio B	5:00 - 6:00 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 Trifecta Pilates Instructor - Olaf		5:30 - 6:30 pm Hot Pilates Combo Instructor: Angela
6:10 - 7:10 pm Hot Vinyasa Yoga Instructor: Alex	6:10 - 7:10 pm Hot Hatha Flow Yoga Instructor: Cristina	6:10 - 7:10 pm Non Hot Bar Pilates Instructor: Yvonne	6:10 - 7:10 pm Hot Hatha Flow Yoga Instructor : Linh			
6:30 - 7:30 pm Body Sculpt Studio B Instructor: marcela		6:30 - 7:30 pm Group Personal Training Sign up only - Studio B	6:30 - 7:30 pm Classical Pilates Studio B Instructor: Angela			
7:20 - 8:20 pm Hot Pilates Instructor- Amanda	7:20 - 8:20 pm Hot Pilates Instructor: Cristina	7:20 - 8:20 pm Hot Yin & Yang Flow Yoga Instructor: Minja	7:20 - 8:20 pm Hot Pilates Instructor: Amanda	7:00 - 8:00 pm Hot Hatha Flow Yoga Instructor: Kelly		7:00 - 8:00 pm Hot Hatha Flow Yoga Instructor: Amy
8:30 - 9:30 pm Hot Hatha Flow Yoga Instructor: Kelly	8:30 - 9:30 pm Hot Yin Yoga Instructor: Sheena	8:30 - 9:30 pm Hot Gentle Flow Yoga Instructor: Michelle	8:30- 9:30 pm Mindful Movement Flow Yoga Instructor: Michelle			

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