



# Class Studio Timetable

■ Cardio   ■ Mind & Body   ■ Exclusive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<b>V - Hiit</b> 6:30 · 30 mins	<b>V - Hiit</b> 6:30 · 30 mins	<b>V - Hiit</b> 6:30 · 30 mins	<b>V - Hiit</b> 6:30 · 30 mins	<b>V - Hiit</b> 6:30 · 30 mins
	<b>HATHA FLOW</b> 7:15 · 45 mins				
	<b>CORE</b> 9:30 · 30 mins	<b>POWER YOGA</b> 9:30 · 45 mins	<b>CONTEMPORARY PILATES</b> 10:30 · 45 mins		
AFTERNOON	<b>V - Hiit</b> 12:30 · 30 mins	<b>CORE</b> 12:30 · 30 mins	<b>LGC</b> 12:30 · 30 mins	<b>CORE</b> 12:30 · 30 mins	<b>V-HIIT</b> 12:30 · 30 mins
	<b>MAT PILATES</b> 13:30 · 45 mins	<b>HATHA YOGA</b> 13:30 · 45 mins	<b>CONTEMPORARY PILATES</b> 12:30 · 45 mins	<b>MAT PILATES</b> 12:30 · 45 mins	<b>HATHA FLOW</b> 13:00 · 45 mins
EVENING	<b>V - Hiit</b> 18:00 · 30 mins	<b>V - Hiit</b> 18:00 · 30 mins	<b>V - Hiit</b> 18:00 · 30 mins	<b>BREATHWORK</b> 17:30 · 45 mins	
	<b>STRETCH THERAPY</b> 18:00 · 60 mins	<b>VINYASA YOGA</b> 17:30 · 45 mins	<b>POWER YOGA</b> 18:00 · 45 mins	<b>V - Hiit</b> 18:00 · 30 mins	
	<b>LGC</b> 19:00 · 30 mins	<b>EXCLUSIVE SOUND HEALING</b> 18:45 · 60 mins		<b>LGC</b> 19:00 · 30 mins	