



Weekly Schedule Panda Bear Studio

MON	TUE	WED	THU	FRI	SAT	SUN
		07.00 BARRE BURN			08:00 AERIAL YOGA	
	09.30 POSTURE & RESTORE YOGA	09.45 MOBILITY & FLEXIBILITY	09:30 AERIAL PILATES	09.00 STRONG FLOW YOGA	09:15 PILATES SCULPT	
10.00 BARRE BEGINNERS		11.00 AERIAL STRENGTH & CONDITIONING	10:30 LYMPHATIC FLOW	10.00 PILATES STRENGTH	10.30 BARRE BURN	
					11.30 KETTLEBELLS & CORE	
12.15 PILATES BALANCE & STRENGTH	12.15 EXPRESS BARRE		12.15 CORE & GLUTES EXPRESS	12.15 PILATES FOUNDATIONS		
16.45 AERIAL KIDS & TEENS		16.15 AERIAL KIDS & TEENS				
18.00 PILATES STRENGTH	18.00 BARRE BURN	18.30 PILATES SCULPT	18.00 PILATES SCULPT			
19.15 AERIAL SLING BEGINNERS	19:15 KETTLEBELLS & CORE	19.30 STRONG FLOW YOGA	19.00 HATHA YOGA	18.30 RESET: DEEP STRETCH & SOUND		18.30 YIN, SOUND & GUIDED MEDITATION
20.15 YIN & DEEP STRETCH	20.30 BREATHWORK & DEEP RESET	20.30 AERIAL YOGA	20.00 FLOATING RESTORE & MEDITATION*			