

THE STUDIO N20

REFORMER • PILATES • YOGA • WELLNESS

Soft Launch

SCHEDULE STUDIO CENTRE

MONDAY

07:45 AM - Sunrise Hatha Flow
Yoga
09:55 AM - Pilates

5:00 PM - Yoga
7:30 PM - Barre Pilates

TUESDAY

8:50 AM - Pilates
11:00 AM - Align and Stretch

5:00 PM - Body Conditioning
7:30 PM - Pilates

WEDNESDAY

07:45 AM - Sunrise Hatha Flow
Yoga
08:50 AM - Pilates
09:55 AM - Body Sculpt

5:00 PM - Align and Stretch
6:10 PM - Yoga

THURSDAY

7:45 AM - Pilates
8:50 AM - Barre Pilates

3:45 PM - Slow Yoga
6:10 PM - Legs Bums and Tums

FRIDAY

09:55 AM - Yoga

6:10PM - Dance Fitness
7:30 PM - Barre

SATURDAY

08:50 AM - Body Conditioning
11:00 AM - Align and Stretch

SUNDAY

08:50 AM - Pilates
09:55 AM - Yoga
11:00 AM - Breathwork &
Meditation