

THE STUDIO N20

REFORMER • PILATES • YOGA • WELLNESS

Soft Launch

SCHEDULE STUDIO CENTRE

MONDAY

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

6:10 PM - Vinyasa Flow
7:30 PM - Barre

TUESDAY

8:50 AM - Pilates
11:00 AM - Slow Flow Yoga

6:10 PM - Body Conditioning
7:30 PM - Pilates

WEDNESDAY

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

6:10 PM - Hatha Yoga
7:15 PM - Yin Yoga

THURSDAY

7:45 AM - Pilates
8:50 AM - Barre
11:30 AM - Pre and Post Natal Pilates

6:10 PM - Legs Bums and Tums

FRIDAY

09:55 AM - Yoga

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

SATURDAY

08:50 AM - Body Conditioning
09:55 AM - Vinyasa Flow

SUNDAY

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

All classes 55min, unless otherwise marked, more classes to come as we grow

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