

THE STUDIO N20

REFORMER • PILATES • YOGA • WELLNESS

Soft Launch

SCHEDULE STUDIO CENTRE

MONDAY

07:45 AM - Sunrise Hatha Yoga
09:55 AM - Classic Mat Pilates

6:30 PM - Barre
7:30 PM - Yin Reset

TUESDAY

10:30 AM - Yoga Foundations

6:30 PM - Pilates Sculpt
7:30 PM - Pilates Power

WEDNESDAY

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

6:30 PM - Hatha Yoga
7:30 PM - Sundowner Calm
Yoga

THURSDAY

09:00 AM - Barre

6:30 PM - Legs Bums and Tums
7:30PM - Body Sculpt

FRIDAY

07:45 AM - Sunrise Hatha Flow Yoga
10:00 AM - Pilates Power

6:30PM - Dance Fitness

SATURDAY

08:50 AM - Body Method
09.55 AM - Vinyasa Flow
11:00 AM -Boxercise (starting 25th
July)

SUNDAY

08:50 AM - Classic Mat Pilates
09:55 AM - Balance and Restore Yoga
11:00 AM - Qigong

12:00 PM - Breathwork and
Meditation (monthly)

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

44-46 TOTTERIDGE LANE, LONDON, N20 9QJ THESTUDION20.COM INFO@THESTUDION20.COM