THE STUDIO N20

REFORMER • PILATES • YOGA • WELLNESS

SCHEDULE STUDIO CENTRE

MONDAY	07:45 AM - Sunrise Hatha Yoga 9:00AM - Functional Strength 10:00 AM - Pilates and Barre Sculpt Fusion	7:30 PM - Yin Yoga Reset
TUESDAY	8:00 AM - Ground / Flow Yoga	6:30 PM - Pilates Sculpt 7:30 PM - Barre
WEDNESDAY	07:45 AM - Sunrise Hatha Flow Yoga 10:00 AM - women on weights	6:30 PM - Legs Bums and Tums 7:30PM - Body Sculpt
THURSDAY	09:00 AM - Barre	6:30PM Strength and Sculpt Barre
FRIDAY	07:45 AM - Sunrise Hatha Flow Yoga 10:00 AM - Pilates Power 11:30 AM - Functional Strength	12:30PM Dynamic Yoga
SATURDAY	08:30AM - Rocket Vinyasa 09:30 AM - Dance Fitness 10:30 AM - Boxercise 11:30AM - Barre	12:35PM - Pregnancy and Postnatal Pilates
SUNDAY	08:50 AM - Classic Mat Pilates 09:55 AM - Balance and Restore Yoga 11:00 AM - Qigong or Slow Flow to Yin	12:00 PM - Breathwork and Meditation (monthly) 12:00 PM - Soundbath (monthly)

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

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