

STUDIO TIMETABLE

CLASSES ARE £30 FOR HOTEL GUESTS AT THE EMORY AND THE BERKELEY

REFORMER CLASSES ARE £50 FOR HOTEL GUEST AT THE EMORY AND THE BERKELEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reformer Pilates	Reformer Pilates	Energy & Intuitive Healing	Mat Pilates	Zen Yoga	Reformer Pilates	Reformer Pilates
9.00-9.50am	10.30-11.20am	3.00-3.45pm	10.00-11.00am	9.15-10.15am	10.00-10.50am	10.00-10.50am
With Kerry	With Alli	With Francesca	With Lemi	With Bhavin	With Kerry	With Sam
Reformer Pilates	Kettlebells	Vinyasa Yoga	Reformer Pilates	Mat Pilates	Reformer Pilates	Reformer Pilates
11.00-11.50am	2.30-3.00pm	4.00-4.45pm	12.30 – 13.20pm	10.30-11.30am	12.00-12.50pm	12.00-12.50pm
With Kerry	With Halil	With Francesca	With Sam	With Alli	With Kerry	With Sam
Mandala Yoga	Zen Yoga	Reformer Pilates	Reformer Pilates	Reformer Pilates		
3.00-3.45pm	7.30-8.30pm	6.00-6.50pm	6.00-6.50pm	12.00-12.50pm		
With Francesca	With Bhavin	With Alli	With Lemi	With Alli		
			Zen Yoga			
			8.00-9.00pm			
			With Bhavin			