

STUDIO TIMETABLE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body Calisthenics	Yoga Breathing Meditation	Zen Yoga	Mat Pilates	Zen Yoga	Calming Alignment Flow	Run Club
8.30-9.00am	7.30-8.15am	9.00-9.50am	10.00-11.00am	9.15-10.15am	9.00-9.45am	9.00-10.00am
On demand	On demand	With Bhavin	With Lemi	With Bhavin	On Demand	With Luis
Mandala Yoga	Mat Pilates	Mat Pilates	Body Sculpt	Mat Pilates	Power Pilates Intermediate	Sacral Water Flow Beginner
11.00-11.45am	10.30-11.30am	10.00-11.00am	11.30am-12.15pm	10.30-11.30am	11.45-12.30pm	12.00-12.45pm
With Francesca	With Alli	With Lemi	With Sam	With Alli	On demand	On demand
Strech and Flex	Kettlebells	Tabata Training	Barre		Zen Breath Flow	Stretch & Mobility
12.30-1.15pm	1.30-2.15pm	2.30-3.00pm	12.45-1.30pm		2.00-2.45pm	4.00-4.30pm
With Francesca	With Halil	With Halil	With Sam		With Josephine	With Halil
Yin Tibetan Bowl Meditation	Barre De Ballet Intermediate	Energy & Intuitive Healing	Zen			
5.00-5.45pm	2.30-3.00pm	3.00-3.45pm	8.00-9.00pm			
On demand	On demand	With Josephine	With Bhavin			
Dance Movement Intermediate	Zen	Vinyasa Yoga				
6.30-7.15pm	8.00-9.00pm	4.00-4.45pm				
On demand	With Bhavin	With Josephine				
		Hatha Flow Beginner				
		7.45-8.30pm				
		On demand				