

STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lower Body Calisthenics	Yoga Breathing Meditation	MyMode - TA		Zen Yoga	Calming Alignment Flow	Run Club
8.30-9.00am	7.30-8.15am	9.30-10.30am		9.15-10.15am	9.00-9.45am	9.00-10.00am
On demand	On demand	With Lauren		With Bhavin	On demand	With Luis
Mandala Yoga	Intermediate Muscular Design - TA	Intermediate Muscular Design - TA	Body Sculpt	Mat Pilates	Power Pilates Intermediate	Sacral Water Flow Beginner
11.00-11.45am	9.30-10.20am	10.30-11.20am	11.30am-12.15pm	10.30-11.30am	11.45-12.30pm	12.00-12.45pm
With Francesca	With Javi	With Lauren	With Sam	With Alli	On demand	On demand
Stretch and Flex	MyMode - TA	Tabata Training	Barre		Zen Breath Flow	Stretch & Mobility
12.30-1.15pm	10.30- 11.30am	2.30-3.00pm	12.45-1.30pm		2.00-2.45pm	4.00-4.30pm
With Francesca	With Javi	With Halil	With Sam		On demand	With Halil
Yin Tibetan Bowl Meditation	Mat Pilates	Energy & Intuitive Healing	Zen			
5.00-5.45pm	12.00-1.00pm	3.00-3.45pm	8.00-9.00pm			
On demand	With Alli	With Josephine	With Bhavin			
Dance Movement Intermediate	Barre De Ballet Intermediate	Vinyasa Yoga				
6.30-7.15pm	1.30-2.15pm	4.00-4.45pm				
On demand	On demand	With Josephine				
	Kettlebells	Hatha Flow Beginner				
	2.30-3.00pm	7.45-8.30pm				
	With Halil	On demand				
	Zen					
	8.00-9.00pm					
	With Bhavin					

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