

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	Pilates	Pilates	Calming Alignment Flow	Run Club Sponsored by VitaminWell
8.30-9.00am	7.30-8.15am	9.00-9.50am	10.00-11.00am	9.00-10.00am	9.00-9.45am	9.00-10.00am
On demand	On demand	With Bhavin	With Lemi	With Alison	On Demand	With Luis
	Mat Pilates	Pilates	Body Sculpt	Zen Yoga	Yoga	
	10.30-11.30am	10.00-11.00am	11.30am-12.15pm	10.15-11.15am	10.30-11.30am	
	With Alison	With Lemi	With Sam	With Bhavin	With Bhavin	
Power Yoga	Barre De Ballet Intermediate	Tabata Training	Barre	Energy & Intuitive Healing	Power Pilates Intermediate	Sacral Water Flow Beginner
11.00-11.45am	2.30-3.00pm	2.30-3.00pm	12.45-1.30pm	1.00-1.45pm	11.45-12.30pm	12.00-12.45pm
With Francesca	With Halil	With Halil	With Sam	With Josephine	On demand	On demand
Mandala Yoga	Kettlebells		Rocket Yoga	Vinyasa Yoga	Zen Breath Flow	
12.30-1.15pm With Francesca	1.30-2.15pm On demand		5.00-5.45pm With Francesca	2.00-2.45pm With Josephine	2.00-2.45pm With Josephine	
Yin Tibetan Bowl Meditation	HIIT	Upper Body Calisthenics	Stretch & Flex			
5.00-5.45pm	5.00-5.45pm	4.00-4.30pm	6.00-6.45pm			
On demand	With Sam	On demand	With Francesca			
Dance Movement Intermediate	Zen	Hatha Flow Beginner	Zen			
6.30-7.15pm	8.00-9.00pm	7.45-8.30pm	8.00-9.00pm			
On demand	With Bhavin	On demand	With Bhavin			