

# 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
<b>Reformer Pilates</b>	<b>Reformer Pilates</b>	<b>Zen Yoga</b>	<b>Dance Movement Intermediate</b>	<b>Stretch &amp; Mobility</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>
9.00-9.50am	10.30-11.20am	9.00-9.50am	9.00-9.45am	11.00-11.30pm	9.00-9.50am	10.00-10.50am
With Kerry	With Alli	With Bhavin	On demand	With Halil	With Kerry	With Sam
<b>Reformer Pilates</b>	<b>Kettlebells</b>	<b>Reformer Pilates</b>	<b>Stretch Core Blast</b>	<b>Calming Alignment Flow</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>
11.00-11.50am	2.30-3.00pm	10.00-10.50am	11.00-11.30am	3.00-3.45pm	12.00-12.50pm	12.00-12.50pm
With Kerry	With Halil	With Lemi	With Halil	On Demand	With Kerry	With Sam
<b>Mandala Yoga</b>	<b>Zen Yoga</b>					
3.00-3.45pm	7.30-8.30pm					
With Francesca	With Bhavin					