

# 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>Mat Pilates</b>	<b>Zen Yoga</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>
9.00-9.50am	10.30-11.20am	9.00-9.50am	10.00-11.00am	9.15-10.15am	9.00-9.50am	10.00-10.50am
With Kerry	With Alli	With Bhavin	With Lemi	With Bhavin	With Kerry	With Sam
<b>Reformer Pilates</b>	<b>Kettlebells</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>	<b>Mat Pilates</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>
11.00-11.50am	2.30-3.00pm	10.00-10.50am	12.30 – 13.20pm	10.30-11.30am	12.00-12.50pm	12.00-12.50pm
With Kerry	With Halil	With Lemi	With Sam	With Alli	With Kerry	With Sam
<b>Mandala Yoga</b>	<b>Zen Yoga</b>	<b>Energy &amp; Intuitive Healing</b>	<b>Reformer Pilates</b>	<b>Reformer Pilates</b>		
3.00-3.45pm	7.30-8.30pm	3.00-3.45pm	6.00-6.50pm	12.00-12.50pm		
With Francesca	With Bhavin	With Josephine	With Lemi	With Alli		
<b>Reformer Pilates</b>		<b>Vinyasa Yoga</b>	<b>Zen Yoga</b>			
6.00-6.50pm		4.00-4.45pm	8.00-9.00pm			
With Kerry		With Josephine	With Bhavin			
		<b>Reformer Pilates</b>				
		6.00-6.50pm				
		With Alli				