

# STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lower Body Calisthenics</b>	<b>Yoga Breathing Meditation</b>	<b>Zen Yoga</b>	<b>Mat Pilates</b>	<b>Zen Yoga</b>	<b>Calming Alignment Flow</b>	<b>Run Club</b>
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
<b>Mandala Yoga</b>	<b>Mat Pilates</b>	<b>Mat Pilates</b>	<b>Body Sculpt</b>	<b>Mat Pilates</b>	<b>Power Pilates Intermediate</b>	<b>Sacral Water Flow Beginner</b>
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
<b>Stretch and Flex</b>	<b>Barre De Ballet Intermediate</b>	<b>Tabata Training</b>	<b>Barre</b>		<b>Zen Breath Flow</b>	<b>Stretch &amp; Mobility</b>
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	On demand	With Halil	With Sam		On demand	With Halil
<b>Yin Tibetan Bowl Meditation</b>	<b>Kettlebells</b>	<b>Energy &amp; Intuitive Healing</b>	<b>Zen</b>			
5.00-5.45pm	2.30-3.00pm	3.00-3.45pm	8.00-9.00pm			
On demand	With Halil	With Josephine	With Bhavin			
<b>Dance Movement Intermediate</b>	<b>Zen</b>	<b>Vinyasa Yoga</b>				
6.30-7.15pm	8.00-9.00pm	4.00-4.45pm				
On demand	With Bhavin	With Josephine				
		<b>Hatha Flow Beginner</b>				
		7.45-8.30pm				
		On demand				