



HOT YOGA & REFORMER

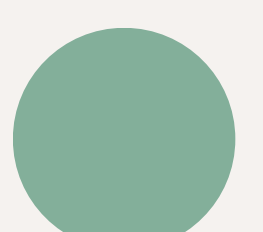
WEEKLY TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:15 - 08:15 RISE & FLOW	07:15 - 08:15 RISE & FLOW	08:15 - 09:05 POWER	07:15 - 08:15 RISE & FLOW	06:30 - 07:30 BFREE	08:15 - 09:15 RISE & FLOW	08:15 - 09:15 RISE & FLOW
08:15 - 09:15 MIXED	09:15 - 10:05 MIXED	09:15 - 10:05 MIXED	09:15 - 10:05 MIXED	08:15 - 09:05 FUNDAMENTAL	08:15 - 09:05 MIXED	08:15 - 09:05 MIXED
09:15 - 10:05 MIXED	09:30 - 10:30 SCULPT	09:30 - 10:30 BFREE	09:30 - 10:30 FUSION	09:15 - 10:05 MIXED	09:15 - 10:05 POWER	09:15 - 10:05 FUNDAMENTAL
09:30 - 10:30 HOT PILATES	10:15 - 11:05 MIXED	11:00 - 12:00 HOT PILATES	10:15 - 11:05 MIXED	12:15 - 13:15 SCULPT	09:45 - 10:45 HOT 60	10:30 - 11:30 ROCK OM
17:00 - 18:00 FUSION	11:00 - 11:45 WARM FLOW	12:30 - 13:15 WARM FLOW	17:00 - 18:00 SCULPT	12:15 - 13:15 MIXED	10:15 - 11:05 MIXED	10:15 - 11:05 POWER
18:00 - 18:50 FUNDAMENTAL	17:00 - 17:50 MIXED	17:00 - 17:50 POWER	18:15 - 19:15 YANG TO YIN	17:00 - 18:00 ROCK OM	11:15 - 12:15 FUSION	12:00 - 13:00 WARM YIN
18:30 - 19:30 BFREE	17:00 - 18:00 WARM YIN	18:00 - 18:50 FUNDAMENTAL	18:30 - 19:20 MIXED	18:00 - 18:50 MIXED		
19:00 - 19:50 MIXED	18:00 - 18:50 POWER	18:30 - 19:30 SCULPT	19:30 - 20:20 FUNDAMENTAL	18:30 - 19:30 WARM CANDLELIT		
20:00 - 21:00 HOT 60	18:15 - 19:15 HOT PILATES	19:00 - 19:50 MIXED	19:30 - 20:30 SILENT SOUNDS			
	19:30 - 20:30 ROCK OM	20:00 - 21:15 CANDLELIT				



HOT YOGA



REFORMER