

REFORMER PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30am Reformer Pilates 07.15am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 12.00pm Reformer Pilates 12.45pm Reformer Pilates 04.30pm Reformer Pilates 05.15pm Reformer Pilates 06.00pm Reformer Pilates 06.30pm Reformer Pilates 07.15pm Reformer Pilates 08.00pm Reformer Pilates	05.45am Reformer Pilates 06.30am Reformer Pilates 07.15am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 11.30am Reformer Pilates 12.15pm Reformer Pilates 04.15pm Reformer Pilates 05.15pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates 07.30pm Reformer Pilates	06.30am Reformer Pilates 07.15am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 12.00pm Reformer Pilates 12.45pm Reformer Pilates 05.15pm Reformer Pilates 06.00pm Reformer Pilates 06.30pm Reformer Pilates 07.15pm Reformer Pilates 08.00pm Reformer Pilates	05.45am Reformer Pilates 06.30am Reformer Pilates 07.15am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 11.30am Reformer Pilates 12.15pm Reformer Pilates 04.15pm Reformer Pilates 05.15pm Reformer Pilates 06.00pm Reformer Pilates 06.45pm Reformer Pilates	06.30am Reformer Pilates 07.15am Reformer Pilates 09.30am Reformer Pilates 10.15am Reformer Pilates 12.00pm Reformer Pilates 12.45pm Reformer Pilates 05.00pm Reformer Pilates 05.45pm Reformer Pilates 06.30pm Reformer Pilates	08.00am Reformer Pilates 08.45am Reformer Pilates 09.00am Reformer Pilates 09.45am Reformer Pilates 10.15am Reformer Pilates 11.00am Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates	08.00am Reformer Pilates 08.45am Reformer Pilates 09.30am Reformer Pilates 10.30am Reformer Pilates 04.00pm Reformer Pilates 04.45pm Reformer Pilates

MAT PILATES(Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05.30pm Mat Pilates	06.45am Mat Pilates	04.45pm Mat Pilates	09.30am Mat Pilates		10.00am Mat Pilates	

FITNESS CIRCUIT (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15am Fitness Circuit 07.00am Fitness Circuit 05.30pm Fitness Circuit 06.15pm Fitness Circuit	06.15am Fitness Circuit 07.00am Fitness Circuit 05.30pm Fitness Circuit 06.15pm Fitness Circuit	06.15am Fitness Circuit 07.00am Fitness Circuit 09.15am Fitness Circuit 05.30pm Fitness Circuit 06.15pm Fitness Circuit	06.15am Fitness Circuit 07.00am Fitness Circuit 05.30pm Fitness Circuit 06.15pm Fitness Circuit	06.15am Fitness Circuit 07.00am Fitness Circuit 09.15am Fitness Circuit	08.15am Fitness Circuit 09.00am Fitness Circuit	08.15am Fitness Circuitt

YOGA (Class Duration: 60min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00am Flow 07.00am Slow Flow 06.30pm Slow Flow 07.30pm Yin & Breathwork	12.00pm Express Slow Flow (45min) 05.30pm Flow 06.30pm Yin & Nidra	06.00am Slow Flow 06.30pm Flow 07.30pm Yin	12.00pm Express Flow (45min) 05.30pm Slow Flow 06.30pm Yin & Release	06.00am Flow 06.30pm Yin	07.30am Flow 08.30am Slow Flow 09.30am 20 min Breathwork 04.00pm Yin	08.30am Slow Flow 09.30am Yin 10.30am 20min Breathwork 04.00pm Slow Flow 05.00pm Yin & Nidra