KĀYA PILATES YOGA FITNESS

KAYA PRAHRAN TIMETABLE

OPERATING HOURS
Monday- Thursday: 5.15am-8pm
Friday: 5.15am-7.30pm
Saturday: 7.30am-5pm
Sunday: 8am-5pm
Public Holidays : Refer to website

REFORMER PILATES (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.15am Reformer Pilates	05.30am Reformer Pilates	05.30am Reformer Pilates	05.30am Reformer Pilates	05.30am Reformer Pilates	08.00am Reformer Pilates	08.15am Reformer Pilates
07.00am Reformer Pilates	06.15am Reformer Pilates	06.15am Reformer Pilates	06.15am Reformer Pilates	06.15am Reformer Pilates	08.45am Reformer Pilates	09.00am Reformer Pilates
08.00am Reformer Pilates	07.00am Reformer Pilates	07.00am Reformer Pilates	07.00am Reformer Pilates	07.00am Reformer Pilates	09.30am Reformer Pilates	10.00am Reformer Pilates
08.45am Reformer Pilates	08.00am Reformer Pilates	08.00am Reformer Pilates	08.00am Reformer Pilates	08.00am Reformer Pilates	10.15am Reformer Pilates	02.30pm Reformer Pilates
09.30am Reformer Pilates	08.45am Reformer Pilates	09.30am Reformer Pilates	08.45am Reformer Pilates	08.45am Reformer Pilates	02.30pm Reformer Pilates	03.15pm Reformer Pilates
12.00pm Reformer Pilates	09.30am Reformer Pilates	12.00pm Reformer Pilates	09.30am Reformer Pilates	09.30am Reformer Pilates	03.15pm Reformer Pilates	
12.45pm Reformer Pilates	12.00pm Reformer Pilates	12.45pm Reformer Pilates	12.00pm Reformer Pilates	12.00pm Reformer Pilates		
04.30pm Reformer Pilates	12.45pm Reformer Pilates	04.30pm Reformer Pilates	12.45pm Reformer Pilates	12.45pm Reformer Pilates		
05.15pm Reformer Pilates	04.30pm Reformer Pilates	05.15pm Reformer Pilates	04.30pm Reformer Pilates	04.30pm Reformer Pilates		
06.00pm Reformer Pilates	05.15pm Reformer Pilates	06.00pm Reformer Pilates	05.15pm Reformer Pilates	05.15pm Reformer Pilates		
06.45pm Reformer Pilates	06.00pm Reformer Pilates	06.45pm Reformer Pilates	06.00pm Reformer Pilates	06.00pm Reformer Pilates		
	06.45pm Reformer Pilates		06.45pm Reformer Pilates			

MAT PILATES & BARRE (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	05.15pm Mat Pilates	05.45pm Barre	09.30am Mat Pilates	09.30am Barre	10.30am Barre	09.30am Mat Pilates
	06.00pm Barre				03.15pm Mat Pilates	10.15am Barre

FITNESS CIRCUIT (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.00am Fitness Circuit	06.00am Fitness Circuit	06.00am Fitness Circuit	06.00am Fitness Circuit	06.00am Fitness Circuit	08.00am Fitness Circuit	08.15am Fitness Circuit
06.45am Fitness Circuit	06.45am Fitness Circuit	06.45am Fitness Circuit	06.45am Fitness Circuit	07.00am Fitness Circuit	08.45am Fitness Circuit	
05.30pm Fitness Circuit	07.30am Fitness Circuit		05.30pm Fitness Circuit		09.30am Fitness Circuit	
06.15pm Fitness Circuit			06.15pm Fitness Circuit			

YOGA (Class Duration: 60min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09.15am Slow Flow	07.00am Slow Flow	09.15am Slow Flow	07.00am Flow	09.15am Slow Flow	08.30am Flow	09.00am Slow Flow
05.30pm Flow	05.30pm Slow Flow	05.30pm Slow Flow	05.30pm Flow	05.30pm Yin	10.00am Slow Flow	10.00am 20min Breathwork
06.30pm Yin & Release	06.30pm Yin	06.30pm Yin & Breathwork	06.30pm Yin & Nidra			02.45pm Flow & Release
						03.45pm Yin & Nidra

SPINNING (Class Duration: 45min)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05.30pm Spinning	06.15am Spinning	05.30pm Spinning	06.15am Spinning		08.30am Spinning	09.15am Spinning

class times and styles subject to change. last updated 271126