

DAILY GROUP CLASSES SCHEDULE

YOGA/PILATES REFORMER/CORE SUSPEND

12-18 SEPTEMBER 2022

TIME	MON 12/9	TUE 13/9	WED 14/9	THU 15/9	FRI 16/9	SAT 17/9	SUN 18/9
08:00-08:30AM	Meditation @ Yoga Shala	Meditation @ Yoga Shala	Meditation @ Yoga Shala	Meditation @ Yoga Shala	Meditation @ Yoga Shala	Meditation @ Yoga Shala	Meditation @ Yoga Shala
08:30-09:30AM	Flow** Jana (60 min) Yoga Shala	Detox Yoga* Jana (60 min) Yoga Shala	Yoga Pilates** Jana (60 min) Yoga Shala	Detox Yoga* Jana (60 min) Yoga Shala	Flow** Jana (60 min) Yoga Shala	Beginner's Hatha Jana (60 min) Yoga Shala	Detox Yoga* Jana (60 min) Yoga Shala
10:00-11:00 AM	Abs & Arms @ Reformer Studio Kevin	Butt & Thigh @ Reformer Studio Kevin	Fit & Tone @ Reformer Studio Kevin	Abs & Arms @ Reformer Studio Kevin	Butt & Thigh @ Reformer Studio Kevin	Fit & Tone @ Reformer Studio Kevin	Abs & Arms @ Reformer Studio Kevin
3.30-4.30PM	Stretch Destress @ Reformer Studio Kevin	Group Core Suspend @ Functional Studio Kevin	Butt & Thigh @ Reformer Studio Kevin	Fit & Tone @ Reformer Studio Kevin	Group Core Suspend @ Functional Studio Kevin	Butt & Thigh @ Reformer Studio Kevin	Fit & Tone @ Reformer Studio Jana
5.00-6.00PM	Hot Yoga** Jana (60 min) Jungle Studio	Hatha Yoga Stretch* Jana (60 min) Jungle Studio	Hot Yoga** Jana (60 min) Jungle Studio	Destress Yoga* Jana (60 min) Jungle Studio	Yin Yoga* Jana (60 min) Jungle Studio	Hot Yoga** Jana (60 min) Jungle Studio	Restorative Yoga* Jana (60 min) Jungle Studio

REMARKS:

- Class schedule is subject to change without prior notice.
- Morning yoga classes will be held in Jungle studio if raining
- **Minimum 2 pax to start per class, sign up basis only**
- **FOUNDATION** class is compulsory for any First-Timer for Pilates Reformer as teachers will explain in details each part/functions of the reformer and how it works.
- Socks are required for all Pilates Reformer & Core Suspend classes