

CLASS SCHEDULE (Boat Avenue)
15-21 APRIL 2019



APRIL	TIME	15 - MON	16 - TUE	17 - WED	18 - THU	19 - FRI	20 - SAT	21 - SUN	
YOGA	08.30-10.00	Studio Closed for Songkran Festival 13-16 April		YOGA FORWARD BEND AM		YOGA GENTLE FLOW AM			
YOGA	09.00-10.15				YOGA HOT A MIKE				
YOGA	09.30-10.30							YOGA HOT AB MIKE	YOGA HATHA AM
PILATES REFORMER	8.30-9.00				Foundation		Foundation		Foundation
	9.00-10.00				PILATES REFORMER ESSENTIAL FIT+ TONE JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS MIKE
CYCLING	9.00-9.15					Foundation		Foundation	
	9.15-10.00					RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS AM	
CYCLING	10.00-10.15				Foundation		Foundation		
	10.15-11.00				RHYTHM CYCLING ABSOLUTE BEATS AM		RHYTHM CYCLING ABSOLUTE BEATS AM		
CYCLING	10.30-10.45								Foundation
	10.45-11.30								RHYTHM CYCLING ABSOLUTE BEATS AM
PILATES REFORMER	10.00-10.30						Foundation		
	10.30-11.30				PILATES REFORMER ESSENTIAL BUTT + THIGHS JP	PILATES REFORMER ESSENTIAL ABS + ARMS JP	PILATES REFORMER ESSENTIAL FIT+ TONE JP	PILATES REFORMER ESSENTIAL FIT+ TONE JP	
PILATES REFORMER	14.00-14.30								Foundation
	14.30-15.30								PILATES REFORMER ESSENTIAL FIT+ TONE MIKE
CYCLING	14.00-14.15							Foundation	
	14.15-15.00							RHYTHM CYCLING ABSOLUTE BEATS JP	
YOGA	15.30-16.30							YOGA YOGA PILATES MIKE	YOGA BACKBEND AM
PILATES REFORMER	17.30-18.00				Foundation				
	18.00-19.00				PILATES REFORMER ESSENTIAL ABS + ARMS JP		PILATES REFORMER ESSENTIAL BUTT + THIGHS JP		
CYCLING	18.00-18.15					Foundation			
	18.15-19.00				RHYTHM CYCLING ABSOLUTE BEATS JP				
YOGA	18.00-19.15			YOGA GENTLE FLOW MIKE		YOGA HATHA MIKE			
YOGA	19.30-20.30				YOGA YOGA PILATES AM				
PILATES REFORMER	19.15-19.30				Foundation				
	19.30-20.30				PILATES REFORMER ESSENTIAL FIT+ TONE MIKE				
CYCLING	19.15-19.30					Foundation			
	19.30-20.15			RHYTHM CYCLING ABSOLUTE BEATS JP		RHYTHM CYCLING ABSOLUTE BEATS AM			

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