

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SIGNATURE 07.30 - 08.20	SIGNATURE 07.30 - 08.20	SIGNATURE 07.30 - 08.20	PILATES TONE 07.30 - 08.20	BARRE 07.30 - 08.20	—	—
	CARDIO BARRE 09.00 - 09.50	SCULPT 09.00 - 09.50	—	SIGNATURE 09.00 - 09.50	SCULPT 09.00 - 09.50	YOGA 09.00 - 09.50	SIGNATURE 09.00 - 09.50
	CLASSICAL PILATES 10.30 - 11.20	YOGA 10.30 - 11.20	CLASSICAL PILATES 10.30 - 11.20	BARRE 10.30 - 11.20	YOGA 10.30 - 11.20	SIGNATURE 10.00 - 10.50	YOGA 10.00 - 10.50
AFTERNOON	SIGNATURE 12.00 - 12.50	PILATES TONE 12.00 - 12.50	SCULPT 12.00 - 12.50	SCULPT 12.00 - 12.50	CLASSICAL PILATES 12.00 - 12.50	CLASSICAL PILATES 11.00 - 11.50	—
	—	—	REFORMER PILATES 13.00 - 13.50	—	REFORMER PILATES 13.00 - 13.50	REFORMER PILATES 13.00 - 13.50	—
	TRX 17.00 - 17.50	REFORMER PILATES 17.00 - 17.50	WARRIOR 17.00 - 17.50	REFORMER PILATES 17.00 - 17.50	—	—	—
EVENING	YOGA 18.30 - 19.20	REFORMER PILATES 18.30 - 19.20	YOGA 18.00 - 18.50	—	—	—	—
	—	—	SOUNDBATH/ BREATHWORK 19.30 - 20.20	—	—	—	—

BODYISM

Notting Hill

CLASS SCHEDULE