

STUDIO SCHEDULE-SIDDAPURA/MARATHAHALLI

MON-FRI

Duration: All classes are 60 mins except for Reformer Pilates (50 mins). Schedule is subject to change due to operational reasons.

MON

TUE

WED

THU

FRI

7.00 AM

*Breathe- Classical Yoga
and Breathwork*

7.00 AM

Cardio Pilates

7.00 AM

Dynamic Vinyasa Flow

7.30 AM

*Aerial Fitness
Intermediate*

7.00 AM

Aerial Fitness All Levels

9.30 AM

*Breathe- Classical Yoga
and Breathwork*

9.30 AM

*Reach Further- Classical
Yoga+ Meditation*

9.30 AM

FireUp-Full Body Pilates

7.00 PM

Fire Up Full Body Pilates

6.00 PM

Aerial Fitness All Levels

SAT

8.15 AM

Dynamic Vinyasa Yoga

SUN

8.15 AM

*Classical Yoga+
Meditation*

9.30 AM

*StretchStrong- Aerial
Fitness All Levels*

9.30 AM

Fireup Full Body Pilates

11.15 AM

Cardio Pilates

11.15 AM

*StretchStrong- Aerial
Fitness All Levels*

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MON	TUE	WED	THU	FRI
	6.00 AM Reformer Pilates		6.30 AM Reformer Pilates	
7.00 AM Reformer Pilates	7.00 AM Reformer Pilates	7.00 AM Reformer Pilates		
8.00 AM Reformer Pilates	8.00 AM Reformer Pilates	8.00 AM Reformer Pilates	8.30 AM Reformer Pilates	8.00 AM Reformer Pilates
9.00 AM Reformer Pilates	9.00 AM Reformer Pilates	9.00 AM Reformer Pilates		9.00 AM Reformer Pilates
10.00 AM Reformer Pilates		10.00 AM Reformer Pilates		10.00 AM Reformer Pilates
	11.00 AM Reformer Pilates		11.00 AM Reformer Pilates	11.00 AM Reformer Pilates
12.00 Noon Reformer Pilates	12.00 Noon Reformer Pilates	12.00 Noon Reformer Pilates	12.00 Noon Reformer Pilates	12.00 Noon Reformer Pilates

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MON-FRI



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MON	TUE	WED	THU	FRI
	3.00 PM Reformer Pilates			3.00 PM Reformer Pilates
4.00 PM Reformer Pilates		4.00 PM Reformer Pilates	4.00 PM Reformer Pilates	
	5.00 PM Reformer Pilates			5.00 PM Reformer Pilates
6.00 PM Reformer Pilates	6.00 PM Reformer Pilates	6.00 PM Reformer Pilates	6.00 PM Reformer Pilates	6.00 PM Reformer Pilates
7.00 PM Reformer Pilates	7.00 PM Reformer Pilates	7.00 PM Reformer Pilates	7.00 PM Reformer Pilates	7.00 PM Reformer Pilates

STUDIO SCHEDULE-SIDDAPURA/MARATHAHALLI



SAT-SUN

Duration: All classes are 60 mins except for Reformer Pilates (50 mins). Schedule is subject to change due to operational reasons.

SAT	SUN
7.00 AM Reformer Pilates	
8.00 AM Reformer Pilates	8.30 AM Reformer Pilates
10.00 AM Reformer Pilates	10.30 AM Reformer Pilates
	11.30 AM Reformer Pilates
12.30 PM Reformer Pilates	12.30 Noon Reformer Pilates
	2.00 PM Reformer Pilates
5.15 PM Reformer Pilates	5.15 PM Reformer Pilates