

# STUDIO SCHEDULE-HOPEFARM

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**

**6.00 AM-Gargi**  
Breathe- Classical Cardio  
Yoga and Breathwork

**7.05 AM- Bipin**  
Move-Pilates for Strength

**8.15 AM-Bipin**  
Move- Pilates for Strength

**Private Classes**

**5.15 PM-Pratyusha**  
Move-Classical Cardio Yoga

**6.30 PM- Pratyusha**  
Meditate- Classical Yoga  
with Yoga Nidra

**6.00 AM-Soundhar**  
Meditate- Classical Yoga  
and Meditation

**7.05 AM- Abhishek**  
Move- Yoga Dance Flow

**7.05 AM- Abhishek**  
Move- Yoga Dance Flow

**Private Classes**

**5.15 PM-Pratyusha**  
Breathe-Classical Yoga with  
Breathwork

**6.30 PM-Pratyusha**  
Move-Classical Cardio  
Yoga

**6.00 AM-Bipin**  
Move- Pilates for Strength

**7.05 AM-Gargi**  
Move- Classical Cardio  
Yoga

**8.15 AM- Gargi**  
Move- Classical Cardio  
Yoga

**Private Classes**

**5.15 PM- Shivani**  
Yoga for Moms to Be

**6.30 PM- Shivani**  
Move- Pilates for Strength

**6.00 AM-Gargi**  
Meditate- Classical Yoga+  
Yoga Nidra

**7.05 AM-Bipin**  
Meditate- Classical Yoga  
and Yoga Nidra

**8.15 AM-Bipin**  
Meditate- Classical Yoga  
and Yoga Nidra

**9.30 AM- BIPIN**  
Aerial Yoga -All Levels 

**Private Classes**

**5.15 PM- Shivani**  
Meditate- Classical Yoga  
and Yoga Nidra

**6.30 PM-Shivani**  
Move- Wall Pilates

**7.05 AM-Shivani**  
Move- Wall Pilates

**8.15 AM-Shivani**  
Move- Wall Pilates

**Private Classes**

**5.15 PM- Pratyusha**  
Meditate- Restorative Yoga

**6.30 PM- Pratyusha**  
Meditate- Restorative Yoga

# STUDIO SCHEDULE-HOPEFARM

SAT-SUN

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

## SAT

**7:00 AM- Bipin**

Mindful Strength (AI  
Powered)- New



**8.15 AM- Mohanraj**

Breathe- Classical Yoga+  
Breathwork

**9.30 AM- Bipin**

Aerial Yoga Workshop for  
Beginners

**11.15 AM-Shivani**

Move-Pilates for Strength

**12.30 PM- Shivani**

Yoga for Moms To Be

**3.00 PM- Bipin**

Aerial Yoga- All Levels



**4.15 PM-Shivani**

Post Natal Yoga and Pilates  
for New Moms

## SUN

**8.15 AM- Mohanraj**

Meditate- Breathwork and  
Meditation Only

**9.30 AM- Gargi**

Aerial Yoga Workshop for  
Beginners

**11.15 AM-Shivani**

Move-Wall Pilates

**12.30 PM- Shivani**

Yoga for Moms To Be