

STUDIO SCHEDULE-WF1 (HOPEFARM)

MON-FRI

The number in the brackets indicates the credits for the class.

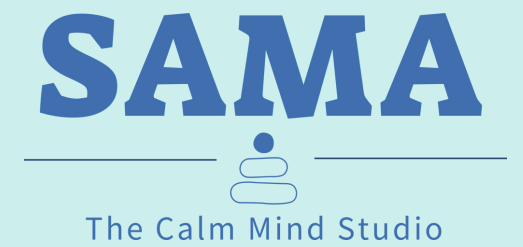
Duration: All classes are 60 mins except for Reformer Pilates (50 mins) and Spl classes/workshops (90 mins).

	MON	TUE	WED	THU	FRI
6.00 AM	Breathe Classical Yoga+ Breathwork (1) Gargi	Meditate Classical Yoga+ Meditation (1) Soundar	Move Pilates for Strength (1) Bipin	Meditate Classical Yoga+ Yoga Nidra (1) Gargi	
7.05 AM	Move Pilates for Strength (1) Bipin	Move Yoga Dance Flow(2) Abhishek	Move Classical Cardio Yoga + Breathwork(1) Gargi	Meditate Classical Yoga+ Yoga Nidra (1) Bipin	Move SAMA Pilates- Wall Pilates (1) Shivani
8.15 AM	Move Pilates for Strength (1) Bipin	Move Yoga Dance Flow(2) Abhishek	Move Classical Cardio Yoga + Breathwork(1) Gargi	Meditate Classical Yoga+ Yoga Nidra (1) Bipin	Move SAMA Pilates- Wall Pilates (1) Shivani
9.30 AM			Aerial Yoga All Levels Bipin		Move Ashtanga Vinyasa Yoga Spl Abhishek
5.15 PM	Move Classical Cardio Yoga+ Breathwork (1) Pratyusha	Breathe Classical Yoga+ Breathwork (1) Pratyusha	Pre Natal Yoga Shivani	Meditate Classical Yoga+ Yoga Nidra (1) Shivani	Meditate Restorative Yoga (1) Pratyusha
6.30 PM	Meditate Classical Yoga+ Yoga Nidra (1) Pratyusha	Breathe Classical CardioYoga+ Breathwork (1) Pratyusha	Move Pilates for Strength (1) Shivani	Move SAMA Pilates- Wall Pilates (1) Shivani	Meditate Restorative Yoga (1) Pratyusha

The schedule is subject to change due to operational reasons.

STUDIO SCHEDULE-WF1 (HOPEFARM)

SAT- SUN



The number in the brackets indicates the credits for the class.

Duration: All classes are 60 mins except for Reformer Pilates (50 mins) and Spl classes/workshops (90 mins).

	SAT	SUN
8.15 AM	Meditate Classical Yoga+ Meditation (1) Mohanraj	Weekly Special Breathwork+Meditation (No asanas)(1) Mohanraj
9.30 AM	Aerial Yoga Workshop For Beginners	Aerial Yoga Workshop For Beginners
11.15 AM	Move Wall Pilates (1) Shivani	Move Pilates for Strength (1) Shivani
12.30 PM	Pre Natal Yoga Shivani	Pre Natal Yoga Shivani
3.30 PM	Aerial Yoga Short Course	Aerial Yoga Short Course
5.30 PM	Aerial Yoga Workshop For Beginners	

The schedule is subject to change due to operational reasons.