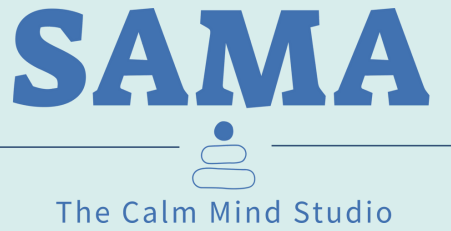


STUDIO SCHEDULE-HOPEFARM

MON-FRI

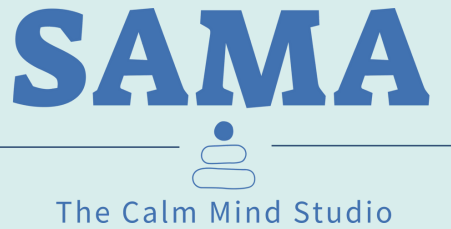


Duration: All classes are 60 mins except for Reformer Pilates & Floating Hammocks (50 mins). Schedule is subject to change due to operational reasons.

MON	TUE	WED	THU	FRI
6.00 AM Breathe- Classical Yoga+ Breathwork	6.00 AM Go Within Classical Yoga+ Yoga Nidra	6.00 AM FireUp Full Body Pilates	6.00 AM Reach Further Classical Yoga+ Meditation	6.00 AM Mindful Strength Training
7.05 AM Cardio Pilates	7.05 AM Breathe- Classical Yoga+ Breathwork	7.05 AM Go Slow-Stillness Yoga	7.05 AM Reach Further Classical Yoga + Meditation	7.05 AM FireUp Full Body Pilates
8.15 AM Cardio Pilates	8.15 AM Flow Dynamic Vinyasa Yoga	8.15 AM Aerial Fitness- All Levels	8.15 AM Reach Further Classical Yoga+ Meditation	8.15 AM FireUp Full Body Pilates
9.30 AM Mindful Strength Training	10.00 AM Mindful Strength Training	9.30 AM Mindful Strength Training	9.30 AM Aerial Fitness- All Levels	9.30 AM Ashtanga Vinyasa Yoga Spl
10.30 AM Aerial Fitness- All Levels	11.05 AM Mindful Strength Training	9.30 AM Mindful Strength Training	10.30 AM Mindful Strength Training	
4.30 PM FireUp Full Body Pilates	4.30 PM Breathe- Classical Yoga+ Breathwork	5.15 AM FireUp Full Body Pilates	5.15 AM Aerial Fitness- All Levels	4.30 PM Reach Further-Classical Yoga+Meditation
6.30 PM Breathe- Classical Yoga+ Breathwork	6.30 PM Fireup Full Body Pilates	6.30 PM Reach Further-Classical Yoga+ Meditation	6.30 PM Flow Dynamic Vinyasa Yoga	6.30 PM Slow Down Stillness Yoga
	7.35 PM Mindful Strength Training		7.35 PM Mindful Strength Training	

STUDIO SCHEDULE-HOPEFARM

SAT-SUN



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

SAT

7.00 AM
*Mindful Strength
Training*

8.15 AM
*Breathe- Classical
Yoga+ Breathwork*

9.30 AM
FireUp Full Body Pilates

10.30 AM
Aerial Fitness- All Levels

11.30 AM
Floating Hammocks

12.30 PM
Yoga For Moms To Be

3.00 PM
Weekly Workshop

4.30 PM
*Breathe
Classical Yoga+
Breathwork*

5.30 PM
*Mindful Strength
Training*

SUN

7.00 AM
*Mindful Strength
Training*

8.15 AM
*Go Within
Classical Yoga+ Yoga
Nidra*

9.30 AM
Weekly Workshop

11.15 AM
Fire Up Full Body Pilates

12.30 PM
Yoga For Moms To Be

3.00 PM
Weekly Workshop

4.30 PM
*Mindful Strength
Training*