

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
	<div><div>7.00 AM</div><div>Reformer Pilates</div></div>	<div><div>7.00 AM</div><div>Reformer Pilates</div></div>	<div><div>7.00 AM</div><div>Reformer Pilates</div></div>	<div><div>7.00 AM</div><div>Reformer Pilates</div></div>
<div><div>7.00 AM</div><div>Breathe- Classical Yoga and Breathwork</div></div>	<div><div>7.00 AM</div><div>Fireup Full Body Pilates</div></div>	<div><div>7.00 AM</div><div>StretchStrong: Aerial Fitness All Levels</div></div>	<div><div>7.00 AM</div><div>StretchStrong: Aerial Fitness Intermediate</div></div>	<div><div>7.00 AM</div><div>Explore More-Classical Yoga with Props</div></div>
<div><div>8.00 AM</div><div>Reformer Pilates</div></div>	<div><div>8.00 AM</div><div>Reformer Pilates</div></div>	<div><div>8.00 AM</div><div>Reformer Pilates</div></div>	<div><div>8.00 AM</div><div>Reformer Pilates</div></div>	
	<div><div>8.15 AM</div><div>FireUp Full Body Pilates</div></div>		<div><div>8.15 AM</div><div>StretchStrong: Aerial Fitness All Levels</div></div>	
<div><div>9.00 AM</div><div>Reformer Pilates</div></div>	<div><div>9.00 AM</div><div>Reformer Pilates</div></div>	<div><div>9.00 AM</div><div>Reformer Pilates</div></div>	<div><div>9.00 AM</div><div>Reformer Pilates</div></div>	<div><div>9.00 AM</div><div>Reformer Pilates</div></div>
<div><div>10.00 AM</div><div>Breathe- Classical Yoga and Breathwork</div></div>		<div><div>10.00 AM</div><div>Sculpt and Tone- Wall Pilates</div></div>		<div><div>10.00 AM</div><div>Slow Down- Stillness Flow</div></div>
<div><div>10.00 AM</div><div>Reformer Pilates</div></div>		<div><div>10.00 AM</div><div>Reformer Pilates</div></div>		<div><div>10.00 AM</div><div>Reformer Pilates</div></div>
<div><div>11.00 AM</div><div>Reformer Pilates</div></div>		<div><div>11.00 AM</div><div>Reformer Pilates</div></div>		
<div><div>12.00 Noon</div><div>Reformer Pilates</div></div>	<div><div>12.00 Noon</div><div>Reformer Pilates</div></div>	<div><div>12.00 Noon</div><div>Reformer Pilates</div></div>	<div><div>12.00 Noon</div><div>Reformer Pilates</div></div>	<div><div>12.00 Noon</div><div>Reformer Pilates</div></div>
<div><div>1.00 PM</div><div>Reformer Pilates</div></div>		<div><div>1.00 PM</div><div>Reformer Pilates</div></div>	<div><div>1.00 PM</div><div>Reformer Pilates</div></div>	

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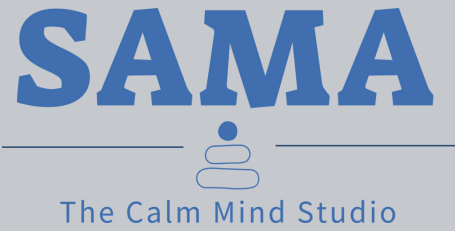


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MON	TUE	WED	THU	FRI
	<div><div>3.00 PM</div><div>Reformer Pilates</div></div>		<div><div>3.00 PM</div><div>Reformer Pilates</div></div>	<div><div>3.00 PM</div><div>Reformer Pilates</div></div>
<div><div>4.00 PM</div><div>Reformer Pilates</div></div>	<div><div>4.00 PM</div><div>Reformer Pilates</div></div>	<div><div>4.00 PM</div><div>Reformer Pilates</div></div>	<div><div>4.00 PM</div><div>Reformer Pilates</div></div>	
<div><div>5.00 PM</div><div>Reformer Pilates</div></div>	<div><div>5.00 PM</div><div>Reformer Pilates</div></div>	<div><div>5.00 PM</div><div>Reformer Pilates</div></div>	<div><div>5.00 PM</div><div>Reformer Pilates</div></div>	<div><div>5.00 PM</div><div>Reformer Pilates</div></div>
<div><div>6.00 PM</div><div>Reformer Pilates</div></div>	<div><div>6.00 PM</div><div>Reformer Pilates</div></div>	<div><div>6.00 PM</div><div>Reformer Pilates</div></div>	<div><div>6.00 PM</div><div>Reformer Pilates</div></div>	<div><div>6.00 PM</div><div>Reformer Pilates</div></div>
	<div><div>6.00 PM</div><div>Scuplt and Tone. Wall Pilates</div></div>	<div><div>6.00 PM</div><div>Slow-Stillness Flow</div></div>	<div><div>6.00 PM</div><div>Reach Further- Classical Yoga+ Meditation</div></div>	<div><div>6.00 PM</div><div>StretchStrong- Aerial Fitness All Levels</div></div>
<div><div>7.00 PM</div><div>Reformer Pilates</div></div>	<div><div>7.00 PM</div><div>Reformer Pilates</div></div>	<div><div>7.00 PM</div><div>Reformer Pilates</div></div>	<div><div>7.00 PM</div><div>Reformer Pilates</div></div>	<div><div>7.00 PM</div><div>Reformer Pilates</div></div>

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
<div><div>8.00 AM</div><div>Dynamic Vinyasa Yoga</div></div>	<div><div>8.30 AM</div><div>Reformer Pilates</div></div>
	<div><div>8.45 AM</div><div>Aerial Fitness All Levels</div></div>
<div><div>8.30 AM</div><div>Reformer Pilates</div></div>	<div><div>9.30 AM</div><div>Reformer Pilates</div></div>
<div><div>10.00 AM</div><div>FireUp Full Body Pilates</div></div>	<div><div>10.00 AM</div><div>Fire Up Full Body Pilates</div></div>
<div><div>10.30 AM</div><div>Reformer Pilates</div></div>	<div><div>10.30 AM</div><div>Reformer Pilates</div></div>
<div><div>11.30 AM</div><div>Reformer Pilates</div></div>	<div><div>11.30 AM</div><div>Reformer Pilates</div></div>
<div><div>11.30 AM</div><div>Aerial Fitness All Levels</div></div>	<div><div>11.30 AM</div><div>Floating. Hammocks- Aerial Reset</div></div>
<div><div>12.30 PM</div><div>Reformer Pilates</div></div>	<div><div>12.30 PM</div><div>Reformer Pilates</div></div>
<div><div>4.00 PM</div><div>Reformer Pilates</div></div>	<div><div>4.00 PM</div><div>Reformer Pilates</div></div>