

STUDIO SCHEDULE-MARATHAHALLI/SIDDAPURA

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) Soundar	Move Pilates for Strength (1) Bipin	Meditate Classical Yoga+ Meditation(1) Soundar		Move Classical Cardio Yoga+ Gargi
7.15 AM		Aerial Yoga -All Levels (2) Bipin	Aerial Yoga Workshop for Beginners Abhishek	Move Aerial Yoga- Intermediate (2) Abhishek	
8.00 AM	Move Reformer Pilates (2) Soundhar	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Soundhar
	Meditate Classical Yoga+ Yoga Nidra(1) Gargi	Move Classical Yoga+Breathwork (1) Soundhar	Move Pilates for Strength (1) Bipin	Move Classical Cardio Yoga (1) Gargi	Move Wall Pilates (1) Mohanraj
10.00 AM	Move Reformer Pilates (3) Soundhar	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (3) Soundhar	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Mohanraj
	Meditate Classical Yoga+ Yoga Nidra(1) Gargi		Breathe Classical Yoga+ Breathwork(1) Pratyusha		Breathe Restorative Yoga + Pranayama (1) Soundar
11.00 AM		Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Mohanraj		Move Reformer Pilates (2) Soundhar

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	MON	TUE	WED	THU	FRI
4.00 PM Move Studio	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (3) Mohanraj		Move Reformer Pilates (3) Mohanraj	
5.30 PM Move Studio	Move Reformer Pilates (2) Mohanraj			Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Soundhar
	Aerial Yoga Workshop For Beginners Gargi	Move Wall Pilates(1) Shivani	Breathe Classical Yoga+Breathwork (1) Pratyusha	Move Classical Cardio Yoga(1) Pratyusha	Aerial Yoga Workshop For Beginners
6.45 PM Move Studio	Move Classical Yoga+Meditation (1) Soundar		Move Wall Pilates(1) Mohanraj	Move Classical Yoga+Meditation (1) Soundhar	Meditate Classical Yoga+ Yoga Nidra(1) Soundar
7.00 PM Breathe/Move Studio	Move Reformer Pilates (2) Mohanraj	Move Reformer Pilates (2) Soundhar	Move Reformer Pilates (2) Soundhar		Move Reformer Pilates (2) Mohanraj

The schedule is subject to change due to operational reasons.

STUDIO SCHEDULE-MARATHAHALLI/SIDDAPURA

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).

