

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

7.00 AM

*Breathe- Classical Yoga
and Breathwork*

7.00 AM

Cardio Pilates

7.00 AM

*Go Within- Classical
Yoga+ Yoga Nidra*

7.30 AM

*Aerial Fitness
Intermediate*

7.00 AM

Dynamic Vinyasa Yoga

9.30 AM

*Breathe- Classical Yoga
and Breathwork*

9.30 AM

*Reach Further- Classical
Yoga+ Meditation*

9.30 AM

FireUp-Full Body Pilates

7.00 PM

Fire Up Full Body Pilates

6.00 PM

Aerial Fitness All Levels

SAT

8.15 AM

Dynamic Vinyasa Yoga

SUN

8.15 AM

*Classical Yoga+
Meditation*

9.30 AM

*StretchStrong- Aerial
Fitness All Levels*

11.00 AM

*StretchStrong- Aerial
Fitness All Levels*

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| MON | TUE | WED | THU | FRI |
|---|---|---|---|---|
| | | | <div><div>6.30 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>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>8.30 AM</div><div>Reformer Pilates</div></div> | <div><div>8.00 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>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>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> |

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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>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>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>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>7.00 AM</div><div>Reformer Pilates</div></div> | |
| <div><div>8.00 AM</div><div>Reformer Pilates</div></div> | <div><div>8.30 AM</div><div>Reformer Pilates</div></div> |
| | |
| <div><div>10.00 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>12.00 PM</div><div>Reformer Pilates</div></div> | <div><div>12.30 Noon</div><div>Reformer Pilates</div></div> |
| | |
| | <div><div>2.00 PM</div><div>Reformer Pilates</div></div> |
| | |
| <div><div>5.15 PM</div><div>Reformer Pilates</div></div> | <div><div>5.15 PM</div><div>Reformer Pilates</div></div> |