

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

9.30 AM

Breathe- Classical Yoga and Breathwork

7.00 PM

Fire Up Full Body Pilates

7.00 AM

Cardio Pilates

9.30 AM

Reach Further- Classical Yoga+ Meditation

7.00 AM

Go Within- Classical Yoga+ Yoga Nidra

9.30 AM

FireUp-Full Body Pilates

7.30 AM

Aerial Fitness Intermediate

7.00 AM

Dynamic VInyasa Yoga

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

7.00 AM
Reformer Pilates

8.00 AM
Reformer Pilates

9.00 AM
Reformer Pilates

11.00 AM
Reformer Pilates

12.00 Noon
Reformer Pilates

7.00 AM
Reformer Pilates

8.00 AM
Reformer Pilates

9.00 AM
Reformer Pilates

11.00 AM
Reformer Pilates

12.00 Noon
Reformer Pilates

7.00 AM
Reformer Pilates

8.00 AM
Reformer Pilates

10.00 AM
Reformer Pilates

12.00 Noon
Reformer Pilates

6.30 AM
Reformer Pilates

8.30 AM
Reformer Pilates

7.00 AM
Reformer Pilates

8.00 AM
Reformer Pilates

9.00 AM
Reformer Pilates

10.00 AM
Reformer Pilates

11.00 AM
Reformer Pilates

12.00 Noon
Reformer Pilates

STUDIO SCHEDULE-SIDDAPURA/MARATHAHALLI

MON-FRI

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MON

TUE

WED

THU

FRI

3.00 PM

Reformer Pilates

4.00 PM

Reformer Pilates

4.00 PM

Reformer Pilates

4.00 PM

Reformer Pilates

3.00 PM

Reformer Pilates

5.00 PM

Reformer Pilates

6.00 PM

Reformer Pilates

6.00 PM

Reformer Pilates

6.00 PM

Reformer Pilates

5.00 PM

Reformer Pilates

7.00 PM

Reformer Pilates

7.00 PM

Reformer Pilates

7.00 PM

Reformer Pilates

7.00 PM

Reformer Pilates

STUDIO SCHEDULE-SIDDAPURA/MARATHAHALLI

SAT-SUN

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SAT

SUN

7.00 AM

Reformer Pilates

8.00 AM

Reformer Pilates

10.00 AM

Reformer Pilates

12.00 PM

Reformer Pilates

5.15 PM

Reformer Pilates

8.30 AM

Reformer Pilates

10.30 AM

Reformer Pilates

11.30 AM

Reformer Pilates

12.30 Noon

Reformer Pilates

2.00 PM

Reformer Pilates

5.15 PM

Reformer Pilates