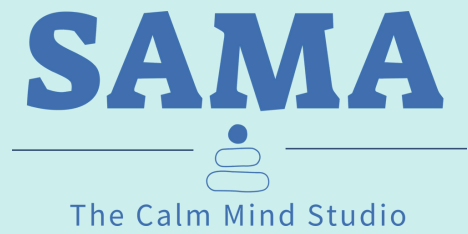


# STUDIO SCHEDULE-HOPEFARM

MON-FRI



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

MON

**6.00 AM**

Explore More  
Yoga with Props

**7.05 AM**

FireUp  
Full Body Pilates

**8.15 AM**

FireUp  
Full Body Pilates

**10.00 AM**

Mindful Strength  
Training

**4.30 PM**

Breathe-  
Classical Yoga+  
Breathwork

**6.30 PM**

Flow  
Dynamic Vinyasa Yoga

TUE

**6.00 AM**

Reach Further  
Classical Yoga+  
Meditation

**7.05 AM**

Breathe- Classical  
Yoga+ Breathwork

**8.15 AM**

Flow  
Dynamic Vinyasa Yoga

**10.00 AM**

Mindful Strength  
Training

**11.05 AM**

Mindful Strength  
Training

**4.30 PM**

Go Within  
Classical Yoga+ Yoga  
Nidra

**6.30 PM**

Go Within  
Classical Yoga+ Yoga  
Nidra

**7.35 PM**

Mindful Strength  
Training

WED

**6.00 AM**

FireUp  
Full Body Pilates

**7.05 AM**

Explore More- Yoga with  
Props

**8.15 AM**

StretchStrong  
Aerial Fitness

**9.30 AM**

Mindful Strength  
Training

**10.30 AM**

Mindful Strength  
Training

**5.15 AM**

FireUp  
Full Body Pilates

**6.30 PM**

FireUp  
Full Body Pilates

THU

**6.00 AM**

Breathe  
Classical Yoga+  
Breathwork

**7.05 AM**

Reach Further  
Classical Yoga +  
Meditation

**8.15 AM**

Reach Further  
Classical Yoga+  
Meditation

**9.30 AM**

Mindful Strength  
Training

**10.30 AM**

Mindful Strength  
Training

**5.15 AM**

Go Within  
Classical Yoga+ Yoga  
Nidra

**6.30 PM**

Sculpt and Tone  
Wall Pilates

**7.35 PM**

Mindful Strength  
Training

FRI

**6.00 AM**

Mindful Strength  
Training

**7.05 AM**

Sculpt and Tone  
Wall Pilates

**8.15 AM**

Sculpt and Tone  
Wall Pilates

**9.30 AM**

Ashtanga Vinyasa  
Yoga Spl

**4.30 PM**

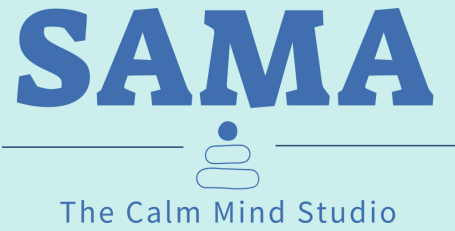
Slow Down  
Restorative Yoga

**6.30 PM**

Slow Down  
Restorative Yoga

# STUDIO SCHEDULE-HOPEFARM

SAT-SUN



Duration: All classes are 60 mins except for Reformer Pilates (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**  
*Weekly Workshop*

**11.15 AM**  
*FireUp Full Body Pilates*

**12.30 PM**  
*Yoga For Moms To Be*

**3.00 PM**  
*Aerial Fitness All Levels*

**4.15 PM**  
Breathe  
Classical Yoga+  
Breathwork

**5.30 PM**  
*Mindful Strength  
Training*

## SUN

**7.00 AM**  
*Mindful Strength  
Training*

**8.15 AM**  
Explore More-  
Yoga with Props

**9.30 AM**  
*Weekly Workshop*

**11.15 AM**  
*Scuplt and Tone  
Wall Pilates*

**12.30 PM**  
*Yoga For Moms To Be*

**3.00 PM**  
*Mindful Strength  
Training*

**4.15 PM**  
*Mindful Strength  
Trainning*