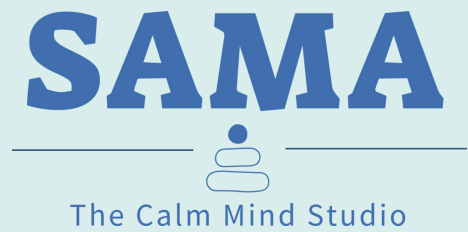


STUDIO SCHEDULE-HOPEFARM

MON-FRI



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

MON

TUE

WED

THU

FRI

6.00 AM

Breathe- Classical
Yoga+ Breathwork

6.00 AM

Go Within
Classical Yoga+ Yoga
Nidra

6.00 AM

Reach Further
Classical Yoga+
Meditation

6.00 AM

Mindful Strength
Training

7.05 AM

Cardio Pilates

7.05 AM

Breathe- Classical
Yoga+ Breathwork

7.05 AM

Go Slow-Stillness Yoga

7.05 AM

Reach Further
Classical Yoga +
Meditation

7.05 AM

FireUp
Full Body Pilates

8.15 AM

Cardio Pilates

8.15 AM

Flow
Dynamic Vinyasa Yoga

8.15 AM

Aerial Fitness- All Levels

8.15 AM

Reach Further
Classical Yoga+
Meditation

8.15 AM

FireUp
Full Body Pilates

9.30 AM

Mindful Strength
Training

10.00 AM

Mindful Strength
Training

9.30 AM

Mindful Strength
Training

9.30 AM

Mindful Strength
Training

9.30 AM

Ashtanga Vinyasa
Yoga Spl

4.30 PM

FireUp Full Body Pilates

4.30 PM

Breathe-
Classical Yoga+
Breathwork

5.15 AM

FireUp
Full Body Pilates

5.15 AM

Aerial Fitness- All Levels

4.30 PM

Reach Further-Classical
Yoga+Meditation

6.30 PM

Breathe- Classical
Yoga+ Breathwork

6.30 PM

Fireup Full Body Pilates

6.30 PM

Reach Further-Classical
Yoga+ Meditation

6.30 PM

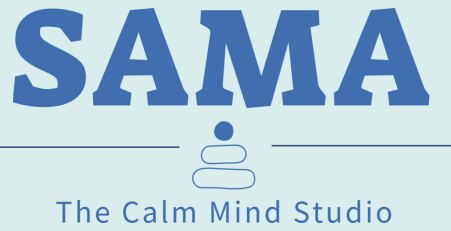
Flow
Dynamic Vinyasa Yoga

6.30 PM

Slow Down
Stillness Yoga

STUDIO SCHEDULE-HOPEFARM

SAT-SUN



Duration: All classes are 60 mins except for Reformer Pilates & Floating Hammocks (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
FireUp Full Body Pilates

10.30 AM
Aerial Fitness- All Levels

11.30 AM
Floating Hammocks

12.30 PM
Yoga For Moms To Be

3.00 PM
Weekly Workshop

4.30 PM
*Breathe
Classical Yoga+
Breathwork*

SUN

8.15 AM
*Go Within
Classical Yoga+ Yoga
Nidra*

9.30 AM
Weekly Workshop

11.15 AM
Fire Up Full Body Pilates

12.30 PM
Yoga For Moms To Be

3.00 PM
Weekly Workshop