

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