




M	T	W	T	F	S	S
	6.30 ^{AM}	6 ^{AM}	6.30 ^{AM}	6 ^{AM}	8.30 ^{AM}	
	CORE PILATES	URBAN FLOW	URBAN FLOW	HOT HATHA	HOT HATHA	
12.15 ^{PM}	12.15 ^{PM}	12.15 ^{PM} 	12.15 ^{PM} 	12.15 ^{PM}	10 ^{AM}	10 ^{AM}
CORE PILATES 45 MIN	URBAN FLOW 45 MIN	CORE PILATES 45 MIN	URBAN ESSENTIALS 45 MIN	URBAN FLOW 45 MIN	URBAN FLOW	URBAN FLOW
4.45 ^{PM}	4.45 ^{PM}	4.45 ^{PM}	4.45 ^{PM}		11.15 ^{AM}	
URBAN FLOW	HOT HATHA	URBAN FLOW	URBAN FLOW		CORE PILATES	
5.30 ^{PM}	5.30 ^{PM}	5.30 ^{PM}	5.30 ^{PM}	5.30 ^{PM}		3.00 ^{PM}
URBAN ESSENTIALS	CORE PILATES	URBAN RESTORE	CORE PILATES	URBAN FLOW		URBAN FLOW
6.15 ^{PM}	6.15 ^{PM}	6.15 ^{PM}	6.15 ^{PM} 			4.30 ^{PM}
HOT HATHA 75 MIN	URBAN FLOW 75 MIN	HOT HATHA 75 MIN	URBAN ESSENTIALS			URBAN RESTORE 75 MIN

*All classes are 60 mins long unless indicated otherwise
Please arrive early as the doors lock once the class starts*