

South Kensington Club
Class Schedule
13.03.17



Key
M - Mews Studio
S1 - Studio 1
S2 - Studio 2

MONDAY

| | | |
|-------------|--------------------------|----|
| 07:00-07:50 | PBB Hot Barre | S1 |
| 07:00-07:50 | PBB Reformer Pilates | M |
| 07:00-07:50 | 10/10 Body Workout | S2 |
| 08:00-08:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Train with JC Breathless | S2 |
| 09:00-09:50 | PBB Floor Barre | S2 |
| 10:00-10:50 | Vinyasa Flow Yoga | S2 |
| 10:00-10:50 | PBB Hot Barre | S1 |
| 10:00-10:50 | Train with JC Reformer | M |
| 11:00-11:50 | PBB Dynamic Pilates | S2 |
| 11:00-11:50 | Train with JC Reformer | M |
| 12:00-12:50 | Yin Yoga | S2 |
| 12:00-12:50 | Train with JC Reformer | M |
| 13:00-13:30 | Half Hour HIIT | S2 |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | Ballet Body | S2 |
| 18:00-18:50 | Hot Yoga | S1 |
| 19:00-19:50 | Train with JC BoxFit | S2 |
| 19:00-19:50 | Hot Flow Yoga | S1 |
| 20:00-20:50 | Vinyasa Flow Yoga | S2 |

TUESDAY

| | | |
|-------------|----------------------------------|-----|
| 07:00-07:50 | PBB Floor Barre | S2 |
| 07:00-07:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Power Yoga | S2 |
| 09:00-09:50 | Jo's Dance | S2 |
| 10:00-10:50 | Vinyasa Flow Yoga | S2 |
| 11:00-11:50 | PBB Boxerina | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Hatha Yoga | S2 |
| 12:00-12:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:30 | Jivamukti Yoga Spiritual Warrior | S1 |
| 18:00-18:50 | Boxing | S2 |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | Hot Yoga | S1 |
| 19:00-19:50 | PBB Reformer Pilates | M |
| 19:00-20:30 | Yin Yan Yoga | S2 |

WEDNESDAY

| | | |
|-------------|----------------------|-----|
| 07:00-07:50 | PBB Cardio HIIT | S2 |
| 08:00-08:50 | Ballet Yoga Fusion | S2 |
| 09:00-09:50 | 10/10 Body Workout | S2 |
| 10:00-10:50 | Hot Yoga | S1 |
| 11:00-11:50 | Yin Yoga | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:50 | Hatha Yoga | S2 |
| 17:00-17:45 | K-band Training | S2 |
| 18:00-18:50 | PBB Dynamic Pilates | M |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | AMK HIIT | S2 |
| 19:00-19:50 | Hot Yoga | S1 |

THURSDAY

| | | |
|-------------|-------------------------------------|-----|
| 07:00-07:50 | Train with JC Athletic Conditioning | S2 |
| 07:00-07:50 | PBB Hot Barre | S1 |
| 08:00-08:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Power Yoga | S2 |
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:00-09:50 | Ballet Body | S2 |
| 10:00-10:50 | Iyengar Yoga | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 11:00-11:50 | Train with JC Pilates Flow | S2 |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Train with JC Breathless | S2 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | Jo's Dance | S2 |
| 19:00-19:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | PBB Hot Barre | S1 |

FRIDAY

| | | |
|-------------|-----------------------------------|-----|
| 07:00-07:50 | Train with JC BoxFit | S2 |
| 07:00-07:50 | PBB Hot Barre | S1 |
| 08:00-08:50 | PBB Dynamic Pilates | S2 |
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:00-09:50 | Vinyasa Flow Yoga | S2 |
| 10:00-10:50 | Yin Yoga | S2 |
| 10:00-10:50 | PBB Reformer Pilates | M |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Train with JC Total Body Bootcamp | S2 |
| 13:00-13:30 | Yang + Yin Yoga | S2 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | Cardio Core and Stretch | S2 |

SATURDAY

| | | |
|-------------|----------------------------------|----|
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:30-10:50 | Dynamic Vinyasa Yoga | S2 |
| 10:00-10:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 11:00-11:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 11:00-11:50 | Train with JC BoxFit | S2 |
| 12:00-12:50 | Train with JC Total Control | S2 |
| 13:00-13:50 | Ballet Body | M |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 14:00-14:50 | PBB Reformer Pilates | M |
| 14:00-14:50 | Hot Flow Yoga | S1 |
| 14:00-14:50 | Full Body Burn | S2 |
| 15:00-16:30 | Vinyasa Flow Yoga | S2 |
| 16:00-16:50 | Train with JC Reformer | M |
| 17:00-17:50 | Train with JC Reformer | M |
| 18:00-18:50 | Train with JC Reformer | M |

SUNDAY

| | | |
|-------------|--------------------------------|-----|
| 11:00-11:50 | Train with JC Reformer Pilates | M |
| 11:00-11:50 | Circuits | GYM |
| 11:00-11:50 | Dynamic Yoga | S2 |
| 12:00-12:50 | AMK HIIT | S2 |
| 12:00-12:50 | Train with JC Reformer Pilates | M |
| 13:00-13:50 | Train with JC Reformer Pilates | M |
| 13:00-13:50 | Train with JC Core + Mobility | S2 |
| 14:00-14:50 | Train with JC Total Control | S2 |
| 15:00-16:30 | Vinyasa Flow Yoga | S2 |

South Kensington Club
Class Schedule
20.03.17



Key
M - Mews Studio
S1 - Studio 1
S2 - Studio 2

MONDAY

| | | |
|-------------|--------------------------|----|
| 07:00-07:50 | PBB Hot Barre | S1 |
| 07:00-07:50 | PBB Reformer Pilates | M |
| 07:00-07:50 | 10/10 Body Workout | S2 |
| 08:00-08:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Train with JC Breathless | S2 |
| 09:00-09:50 | PBB Floor Barre | S2 |
| 10:00-10:50 | Vinyasa Flow Yoga | S2 |
| 10:00-10:50 | PBB Hot Barre | S1 |
| 10:00-10:50 | Train with JC Reformer | M |
| 11:00-11:50 | PBB Dynamic Pilates | S2 |
| 11:00-11:50 | Train with JC Reformer | M |
| 12:00-12:50 | Yin Yoga | S2 |
| 12:00-12:50 | Train with JC Reformer | M |
| 13:00-13:30 | Half Hour HIIT | S2 |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 17:00-17:50 | SKC Bootcamp | S2 |
| 18:00-18:50 | Ballet Body | S2 |
| 18:00-18:50 | Hot Yoga | S1 |
| 19:00-19:50 | Train with JC BoxFit | S2 |
| 19:00-19:50 | Hot Flow Yoga | S1 |
| 20:00-20:50 | Vinyasa Flow Yoga | S2 |

TUESDAY

| | | |
|-------------|----------------------------------|-----|
| 07:00-07:50 | PBB Floor Barre | S2 |
| 07:00-07:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Power Yoga | S2 |
| 09:00-09:50 | Jo's Dance | S2 |
| 10:00-10:50 | Vinyasa Flow Yoga | S2 |
| 11:00-11:50 | PBB Boxerina | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Hatha Yoga | S2 |
| 12:00-12:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:30 | Jivamukti Yoga Spiritual Warrior | S1 |
| 18:00-18:50 | Boxing | S2 |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | Hot Yoga | S1 |
| 19:00-19:50 | PBB Reformer Pilates | M |
| 19:00-20:30 | Yin Yan Yoga | S2 |
| 20:30-21:00 | Meditation/Gong Class | S2 |

WEDNESDAY

| | | |
|-------------|----------------------|-----|
| 07:00-07:50 | PBB Cardio HIIT | S2 |
| 08:00-08:50 | Ballet Yoga Fusion | S2 |
| 09:00-09:50 | 10/10 Body Workout | S2 |
| 10:00-10:50 | Hot Yoga | S1 |
| 10:00-10:50 | SKC Bootcamp | S2 |
| 11:00-11:50 | Yin Yoga | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:50 | Hatha Yoga | S2 |
| 17:00-17:45 | K-band Training | S2 |
| 18:00-18:50 | PBB Dynamic Pilates | M |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | AMK HIIT | S2 |
| 19:00-19:50 | Hot Yoga | S1 |

THURSDAY

| | | |
|-------------|-------------------------------------|-----|
| 07:00-07:50 | Train with JC Athletic Conditioning | S2 |
| 07:00-07:50 | PBB Hot Barre | S1 |
| 08:00-08:50 | PBB Reformer Pilates | M |
| 08:00-08:50 | Power Yoga | S2 |
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:00-09:50 | Ballet Body | S2 |
| 10:00-10:50 | Iyengar Yoga | S2 |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 11:00-11:50 | Train with JC Pilates Flow | S2 |
| 12:00-12:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Train with JC Breathless | S2 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | Jo's Dance | S2 |
| 19:00-19:50 | PBB Reformer Pilates | M |
| 19:00-19:50 | PBB Hot Barre | S1 |

FRIDAY

| | | |
|-------------|-----------------------------------|-----|
| 07:00-07:50 | Train with JC BoxFit | S2 |
| 07:00-07:50 | PBB Hot Barre | S1 |
| 08:00-08:50 | PBB Dynamic Pilates | S2 |
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:00-09:50 | Vinyasa Flow Yoga | S2 |
| 10:00-10:50 | Yin Yoga | S2 |
| 10:00-10:50 | PBB Reformer Pilates | M |
| 11:00-11:50 | PBB Reformer Pilates | M |
| 12:00-12:50 | Train with JC Total Body Bootcamp | S2 |
| 13:00-13:30 | Yang + Yin Yoga | S2 |
| 13:00-13:30 | Half Hour HIIT | GYM |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | PBB Reformer Pilates | M |
| 18:00-18:50 | Cardio Core and Stretch | S2 |

SATURDAY

| | | |
|-------------|----------------------------------|----|
| 08:00-08:50 | SKC Bootcamp | S2 |
| 09:00-09:50 | PBB Hot Barre | S1 |
| 09:30-10:50 | Dynamic Vinyasa Yoga | S2 |
| 10:00-10:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 10:00-10:50 | Train with JC Reformer Pilates | M |
| 11:00-11:50 | Jivamukti Yoga Spiritual Warrior | S1 |
| 11:00-11:50 | Train with JC Reformer Pilates | M |
| 11:00-11:50 | Train with JC BoxFit | S2 |
| 12:00-12:50 | Train with JC Total Control | S2 |
| 13:00-13:50 | Ballet Body | M |
| 13:00-13:50 | PBB Reformer Pilates | M |
| 14:00-14:50 | PBB Reformer Pilates | M |
| 14:00-14:50 | Hot Flow Yoga | S1 |
| 14:00-14:50 | Full Body Burn | S2 |
| 15:00-16:30 | Vinyasa Flow Yoga | S2 |
| 16:00-16:50 | Train with JC Reformer | M |
| 17:00-17:50 | Train with JC Reformer | M |
| 18:00-18:50 | Train with JC Reformer | M |

SUNDAY

| | | |
|-------------|--------------------------------|-----|
| 11:00-11:50 | Train with JC Reformer Pilates | M |
| 11:00-11:50 | Circuits | GYM |
| 11:00-11:50 | Dynamic Yoga | S2 |
| 12:00-12:50 | AMK HIIT | S2 |
| 12:00-12:50 | Train with JC Reformer Pilates | M |
| 13:00-13:50 | Train with JC Reformer Pilates | M |
| 13:00-13:50 | Train with JC Core + Mobility | S2 |
| 14:00-14:50 | Train with JC Total Control | S2 |
| 15:00-16:30 | Vinyasa Flow Yoga | S2 |