

South Kensington Club  
Class Schedule  
15.05.17



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

**MONDAY**

07:00-08:00	PBB Hot Barre	S1
07:00-08:00	PBB Reformer Pilates	M
07:00-08:00	10/10 Body Workout	S2
08:00-09:00	PBB Reformer Pilates	M
08:00-09:00	Train with JC Breathless	S2
09:00-10:00	PBB Floor Barre	S2
10:00-11:00	Vinyasa Flow Yoga	S2
10:00-11:00	PBB Hot Barre	S1
10:00-11:00	Train with JC Reformer	M
11:00-12:00	PBB Dynamic Pilates	S2
11:00-12:00	Train with JC Reformer	M
12:00-13:00	Yin Yoga	S2
12:00-13:00	Train with JC Reformer	M
13:00-13:30	Half Hour HIIT	S2
13:00-14:00	PBB Reformer Pilates	M
17:00-18:00	SKC Bootcamp	S2
18:00-19:00	Ballet Body	S2
18:00-19:00	Hot Yoga	S1
19:00-20:00	Train with JC Boxfit	S2
19:00-20:00	Hot Flow Yoga	S1
20:00-21:00	Vinyasa Flow Yoga	S2

**TUESDAY**

07:00-08:00	PBB Floor Barre	S2
07:00-08:00	PBB Reformer Pilates	M
08:00-09:00	Power Yoga	S2
09:00-10:00	Jo's Dance	S2
10:00-11:00	Vinyasa Flow Yoga	S2
11:00-12:00	PBB Boxerina	S2
11:00-12:00	PBB Reformer Pilates	M
12:00-13:00	PBB Reformer Pilates	M
12:00-13:00	Hatha Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
18:00-19:00	Boxing	S2
18:00-19:00	PBB Reformer Pilates	M
19:00-20:00	Hot Yoga	S1
19:00-20:00	PBB Reformer Pilates	M
19:00-20:15	Yin Yang Yoga with Sound Healing	S2
20:15-21:00	Meditation with Gong Vibration	S2

**WEDNESDAY**

07:00-08:00	PBB Cardio HIIT	S2
08:00-09:00	Ballet Yoga Fusion	S2
09:00-10:00	10/10 Body Workout	S2
10:00-11:00	Hot Yoga	S1
10:00-11:00	SKC Bootcamp	S2
11:00-12:00	Yin Yoga	S2
11:00-12:00	PBB Reformer Pilates	M
12:00-13:00	PBB Reformer Pilates	M
12:00-13:00	PBB Boxerina	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	Hatha Yoga	S2
17:00-18:00	K-band Training	S2
18:00-19:00	PBB Dynamic Pilates	M
19:00-20:00	AMK HIIT	S2
19:00-20:00	Hot Yoga	S1

**THURSDAY**

07:00-08:00	Train with JC Athletic Conditioning	S2
07:00-08:00	PBB Hot Barre	S1
08:00-09:00	Power Yoga	S2
09:00-10:00	PBB Hot Barre	S1
09:00-10:00	Ballet Body	S2
10:00-11:00	Iyengar Yoga	S2
11:00-12:00	PBB Reformer Pilates	M
11:00-12:00	Train with JC Pilates Flow	S2
12:00-13:00	PBB Reformer Pilates	M
12:00-13:00	Train with JC Breathless	S2
13:00-13:30	Half Hour HIIT	GYM
18:00-19:00	PBB Reformer Pilates	M
18:00-19:00	Jo's Dance	S2
19:00-20:00	PBB Reformer Pilates	M
19:00-20:00	PBB Hot Barre	S1
19:00-20:00	Ashtanga Vinyasa Flow Yoga	S2

**FRIDAY**

07:00-08:00	Train with JC Boxfit	S2
07:00-08:00	PBB Hot Barre	S1
08:00-09:00	PBB Dynamic Pilates	S2
09:00-10:00	PBB Hot Barre	S1
09:00-10:00	Vinyasa Flow Yoga	S2
10:00-11:00	Yin Yoga	S2

10:00-11:00	PBB Reformer Pilates	M
11:00-12:00	PBB Reformer Pilates	M
12:00-13:00	Train with JC Total Body Bootcamp	S2
13:00-14:00	Yin Yang Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	PBB Reformer Pilates	M
18:00-19:00	PBB Reformer Pilates	M

**SATURDAY**

08:00-09:00	SKC Bootcamp	S2
09:00-10:00	PBB Hot Barre	S1
09:30-11:00	Dynamic Vinyasa Yoga	S2
10:00-11:00	Jivamukti Yoga Spiritual Warrior	S1
10:00-11:00	Train with JC Reformer Pilates	M
11:00-12:00	Jivamukti Yoga Spiritual Warrior	S1
11:00-12:00	Train with JC Reformer Pilates	M
11:00-12:00	Train with JC Boxfit	S2
12:00-13:00	Train with JC Total Control	S2
13:00-14:00	Ballet Body	M
13:00-14:00	PBB Reformer Pilates	M
14:00-15:00	PBB Reformer Pilates	M
14:00-15:00	Hot Flow Yoga	S1
14:00-15:00	Full Body Burn	S2
15:00-16:30	Vinyasa Flow Yoga	S2
16:00-17:00	Train with JC Reformer	M
17:00-18:00	PBB Boxerina	S2
17:00-18:00	Train with JC Reformer	M
18:00-19:00	Train with JC Reformer	M

**SUNDAY**

11:00-12:00	Train with JC Reformer Pilates	M
11:00-12:00	Circuits	GYM
11:00-12:00	Vinyasa Flow Yoga	S2
12:00-13:00	AMK HIIT	S2
12:00-13:00	Train with JC Reformer Pilates	M
13:00-14:00	Train with JC Reformer Pilates	M
13:00-14:00	Train with JC Core + Mobility	S2
14:00-15:00	Train with JC Total Control	S2
15:00-16:30	Vinyasa Flow Yoga	S2
18:00-19:00	K-band Training	S2



South Kensington Club  
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22.05.17



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09:00-10:00	PBB Floor Barre	S2
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10:00-11:00	Train with JC Reformer	M
11:00-12:00	PBB Dynamic Pilates	S2
11:00-12:00	Train with JC Reformer	M
12:00-13:00	Yin Yoga	S2
12:00-13:00	Train with JC Reformer	M
13:00-13:30	Half Hour HIIT	S2
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18:00-19:00	Hot Yoga	S1
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**TUESDAY**

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08:00-09:00	Power Yoga	S2
09:00-10:00	Jo's Dance	S2
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11:00-12:00	PBB Boxerina	S2
11:00-12:00	PBB Reformer Pilates	M
12:00-13:00	PBB Reformer Pilates	M
12:00-13:00	Hatha Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
18:00-19:00	Boxing	S2
18:00-19:00	PBB Reformer Pilates	M
19:00-20:00	Hot Yoga	S1
19:00-20:00	PBB Reformer Pilates	M
19:00-20:15	Yin Yang Yoga with Sound Healing	S2
20:15-21:00	Meditation with Gong Vibration	S2

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10:00-11:00	Iyengar Yoga	S2
11:00-12:00	PBB Reformer Pilates	M
11:00-12:00	Train with JC Pilates Flow	S2
12:00-13:00	PBB Reformer Pilates	M
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18:00-19:00	PBB Reformer Pilates	M
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19:00-20:00	PBB Reformer Pilates	M
19:00-20:00	PBB Hot Barre	S1
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**FRIDAY**

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08:00-09:00	PBB Dynamic Pilates	S2
09:00-10:00	PBB Hot Barre	S1
09:00-10:00	Vinyasa Flow Yoga	S2
10:00-11:00	Yin Yoga	S2

10:00-11:00	PBB Reformer Pilates	M
11:00-12:00	PBB Reformer Pilates	M
12:00-13:00	Train with JC Total Body Bootcamp	S2
13:00-14:00	Yin Yang Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	PBB Reformer Pilates	M
18:00-19:00	PBB Reformer Pilates	M

**SATURDAY**

08:00-09:00	SKC Bootcamp	S2
09:00-10:00	PBB Hot Barre	S1
09:30-11:00	Dynamic Vinyasa Yoga	S2
10:00-11:00	Jivamukti Yoga Spiritual Warrior	S1
10:00-11:00	Train with JC Reformer Pilates	M
11:00-12:00	Jivamukti Yoga Spiritual Warrior	S1
11:00-12:00	Train with JC Reformer Pilates	M
11:00-12:00	Train with JC Boxfit	S2
12:00-13:00	Train with JC Total Control	S2
13:00-14:00	Ballet Body	M
13:00-14:00	PBB Reformer Pilates	M
14:00-15:00	PBB Reformer Pilates	M
14:00-15:00	Hot Flow Yoga	S1
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16:00-17:00	Train with JC Reformer	M
17:00-18:00	PBB Boxerina	S2
17:00-18:00	Train with JC Reformer	M
18:00-19:00	Train with JC Reformer	M

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