

South Kensington Club  
Class Schedule  
03.09.18



**Key**  
M - Mews Studio  
S1 - Studio 1  
S2 - Studio 2  
WP - Watsu Pool

**MONDAY**

07:00-08:00	SKC Bootcamp	S2
07:00-08:00	Hot Barre	S1
07:00-08:00	Reformer Pilates	M
08:00-09:00	Ashtanga Yoga	S2
08:00-09:00	Reformer Pilates	M
09:00 -10:00	Floor Barre	S2
10:00 -11:00	Vinyasa Flow Yoga	S2
10:00 -11:00	Train with JC Reformer Pilates	M
11:00-12:00	Train with JC Reformer Pilates	M
12:00-13:00	Yin Yoga	S2
12:00-13:00	Train with JC Reformer Pilates	M
13:00-13:30	Half Hour HIIT	GYM
13:00 -14:00	Yinyasa Flow Yoga	S2
13:00 -14:00	Reformer Pilates	M
17:00 -18:00	SKC Bootcamp	S2
18:00-19:00	Ballet Body	S2
19:00-20:00	Train with JC BoxFit	S2
20:00 -21:00	Vinyasa Flow Yoga	S2

**TUESDAY**

07:00-08:00	Floor Barre	S2
07:00-08:00	Reformer Pilates	M
08:00-09:00	Hot Flow Yoga	S1
10:00-11:00	Vinyasa Flow Yoga	S2
11: 00-12:00	Restorative Yoga	S2
11: 00-12:00	Reformer Pilates	M
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	GYM
17:00 -18:00	SKC Bootcamp	S2
18:00-19:00	Reformer Pilates	M
19:00-20:00	Reformer Pilates	M
19:00-20:30	Yin Yang Yoga with Sound Healing	S2
20:15-21:00	Meditation with Gong Vibration	S2

**WEDNESDAY**

07:00-08:00	Floor Barre	S2
08:00-09:00	Hot Flow Yoga	S1
09:00 -10:00	Mat Conditioning	S2
10:00-11:00	Vinyasa Flow Yoga	S2
10:00-11:00	Hot Yoga	S1
11:00-12:00	Yin Yoga	S2
11:00-12:00	Reformer Pilates	M
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	Gym
17:00-18:00	K-Bands	S2
18:00-19:00	Dynamic Pilates	S2
19:00-20:00	AMK HIIT	S2
19:00-20:00	Hot Yoga	S1

**THURSDAY**

07:00-08:00	SKC Bootcamp	S2
08:00-09:00	Power Yoga	S2
09:00-10:00	Hot Barre	S1
10:00-11:00	Iyengar Yoga	S2
11:00-12:00	Vinyasa Flow Yoga	S2
11:00-12:00	Reformer Pilates	M
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	Gym
13:00-14:00	Restorative Yoga	S2
18:00-19:00	Reformer Pilates	M
18:00-19:00	Vinyasa Flow Yoga	S2
19:00-20:00	Reformer Pilates	M
19:00-20:00	HIIT Yoga	S2

**FRIDAY**

08:00-09:00	Floor Barre	S2
09:00-10:00	Hot Barre	S1
09:00-10:00	Vinyasa Flow Yoga	S2
10:00-11:00	Yin Yoga	S2
10:00-11:00	Reformer Pilates	M
11:00-12:00	Reformer Pilates	M
11:00-12:00	K-Bands	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	Reformer Pilates	M
13:00-14:00	Yoga Pilates	S2
18:00-19:00	Reformer Pilates	M

**SATURDAY**

09:00-10:00	Hot Barre	S1
10:00-11:00	Train with JC Reformer Pilates	M
10:00-11:00	Dynamic Vinyasa Yoga	S2
11:00-12:00	Train with JC Reformer Pilates	M
11:00-12:00	Train with JC BoxFit	S2
13:00-14:00	Ballet Body	S2
13:00-14:00	Reformer Pilates	M
14:00-15:00	Reformer Pilates	M
14:00-15:00	Full Body Burn	GYM
16:00-17:00	Train with JC Reformer Pilates	M
17:00-18:00	Train with JC Reformer Pilates	M
18:00-19:00	Train with JC Reformer Pilates	M

**SUNDAY**

11:00-12:00	Circuit Training	GYM
11:00-12:00	Train with JC Reformer Pilates	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
15:00-16:30	Vinyasa Flow Yoga	S2
17:00-18:00	Ashtanga Yoga	S2
18:00-19:00	K-Bands	S2

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Class Schedule  
10.09.18



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07:00-08:00	SKC Bootcamp	S2
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08:00-09:00	Ashtanga Yoga	S2
08:00-09:00	Reformer Pilates	M
09:00 -10:00	Floor Barre	S2
10:00 -11:00	Vinyasa Flow Yoga	S2
10:00 -11:00	Train with JC Reformer Pilates	M
11:00-12:00	Train with JC Reformer Pilates	M
12:00-13:00	Yin Yoga	S2
12:00-13:00	Train with JC Reformer Pilates	M
13:00-13:30	Half Hour HIIT	GYM
13:00 -14:00	Yinyasa Flow Yoga	S2
13:00 -14:00	Reformer Pilates	M
17:00 -18:00	SKC Bootcamp	S2
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19:00-20:00	Train with JC BoxFit	S2
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**TUESDAY**

07:00-08:00	Floor Barre	S2
07:00-08:00	Reformer Pilates	M
08:00-09:00	Hot Flow Yoga	S1
10:00-11:00	Vinyasa Flow Yoga	S2
11: 00-12:00	Restorative Yoga	S2
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19:00-20:00	Reformer Pilates	M
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20:15-21:00	Meditation with Gong Vibration	S2

**WEDNESDAY**

07:00-08:00	Floor Barre	S2
08:00-09:00	Hot Flow Yoga	S1
09:00 -10:00	Mat Conditioning	S2
10:00-11:00	Vinyasa Flow Yoga	S2
10:00-11:00	Hot Yoga	S1
11:00-12:00	Yin Yoga	S2
11:00-12:00	Reformer Pilates	M
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	Gym
17:00-18:00	K-Bands	S2
18:00-19:00	Dynamic Pilates	S2
19:00-20:00	AMK HIIT	S2
19:00-20:00	Hot Yoga	S1

**THURSDAY**

07:00-08:00	SKC Bootcamp	S2
08:00-09:00	Power Yoga	S2
09:00-10:00	Hot Barre	S1
10:00-11:00	Iyengar Yoga	S2
11:00-12:00	Vinyasa Flow Yoga	S2
11:00-12:00	Reformer Pilates	M
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	Gym
13:00-14:00	Restorative Yoga	S2
18:00-19:00	Reformer Pilates	M
18:00-19:00	Vinyasa Flow Yoga	S2
19:00-20:00	Reformer Pilates	M
19:00-20:00	HIIT Yoga	S2

**FRIDAY**

07:00-08:00	Hot Barre	S1
08:00-09:00	Floor Barre	S2
09:00-10:00	Hot Barre	S1
09:00-10:00	Vinyasa Flow Yoga	S2
10:00-11:00	Yin Yoga	S2
10:00-11:00	Reformer Pilates	M
11:00-12:00	Reformer Pilates	M
11:00-12:00	K-Bands	S2
12:00-13:00	Ashtanga Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	Reformer Pilates	M
14:00-14:50	Five Rhythms Dance	S2
18:00-19:00	Reformer Pilates	M

**SATURDAY**

09:00-10:00	Hot Barre	S1
10:00-11:00	Train with JC Reformer Pilates	M
10:00-11:00	Dynamic Vinyasa Yoga	S2
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