

**Class Schedule 7th -
13th January**



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

MONDAY 7th

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

TUESDAY 8th

07:00-08:00	Floor Barre	S2
07:00-08:00	Reformer Pilates	M
08:00-09:00	Hot Flow Yoga	S1
08:00-09:00	Power Yoga	S2
10:00-11:00	Vinyasa Flow Yoga	S2
11:00-12:00	Reformer Pilates	M
11:00-12:00	Restorative Yoga	S2
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	GYM
15:00-15:50	Creative Dance Workout	S2
17:00 -18:00	SKC Bootcamp	S2
17:00 -18:00	Boxing	S2
18:00-19:00	Reformer Pilates	M
19:00-20:00	Reformer Pilates	M
19:00-20:15	Yin Yang Yoga with Sound Healing	S2
20:15-21:00	Meditation with Gong Vibration	S2

WEDNESDAY 9th

07:00-08:00	Floor Barre	S2
08:00-09:00	Ballet Yoga Fusion	S2
08:00-09:00	Hot Flow Yoga	S1
09:00 -10:00	Sculpt and Shape	S2
10:00-11:00	Hot Yoga	S1
10:00-11:00	Vinyasa Flow Yoga	S2
11:00-12:00	Reformer Pilates	M
11:00-12:00	Yin Yoga	S2
12:00-13:00	Boxing	S2
12:00-13:00	Reformer Pilates	M
13:00-13:30	Half Hour HIIT	Gym
17:00-17:45	K-Band Training	S2
18:00-19:00	Kickboxing	S2
19:00-19:50	AMT HIIT	S2
19:00-20:00	Hot Yoga	S1

THURSDAY 10th

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

FRIDAY 11th

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

11:00-12:00	K-Band Training	S2
11:00-12:00	Reformer Pilates	M
12:00-13:00	Ashtanga Yoga	S2
13:00-13:30	Half Hour HIIT	GYM
13:00-14:00	Reformer Pilates	M
13:00-14:00	Yang + Yin Yoga	S2
18:00-18:50	Reformer Pilates	M

SATURDAY 12th

08:00-09:00	SKC Bootcamp	S2
09:00-10:00	Hot Barre	S1
10:00-11:00	Advanced Dynamic Vinyasa Yoga	S2
10:00-11:00	Train with JC Reformer Pilates	M
11:00-12:00	Sizzling Hot Yin Yang Practice	S1
11:00-12:00	Train with JC Boxfit	S2
11:00-12:00	Train with JC Reformer Pilates	M
13:00-14:00	Ballet Body	S2
13:00-14:00	Reformer Pilates	M
14:00-15:00	Asana Power	GYM
14:00-15:00	Reformer Pilates	M
15:00-16:00	Vinyasa Flow Yoga	S2
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 13th

11:00-12:00	Circuit Training	GYM
11:00-12:00	Train with JC Reformer Pilates	S2
11:00-12:00	Vinyasa Flow Yoga	S2
12:00-12:50	AMT HIIT	S2
12:00-13:00	Train with JC Reformer Pilates	M
13:00-14:00	Train with JC Reformer Pilates	M
14:00-15:00	Meditation	S2
15:00-16:30	Vinyasa Flow Yoga	S2
17:00-18:00	Ashtanga Yoga	S2
18:00-19:00	K-Band Training	S2