

YOGA		HATHA ASHTANGA IYENGAR MYSORE YIN RESTORATIVE PILATES MAT STRETCH						
SOCRATES Yoga Studio		MON 9 Dec	TUE 10 Dec	WED 11 Dec	THU 12 Dec	FRI 13 Dec	SAT 14 Dec	SUN 15 Dec
6:05AM	Martine - pre-register Mysore - Ashtanga			Martine - pre-register Mysore - Ashtanga		Aya Mysore - Ashtanga		
6:45AM		Jess Z Strong Hatha - 75min			Brooke Strong Hatha - 75min			
9:30AM							Yuki Flow Hatha - 90min	
11:30AM	Madina Flow Hatha - 45min	Vicki Strong Hatha - 45min		Kelsey Yin - 45min	Yuki Slow Hatha - 45min	Jess Z Restorative - 45min		
12:15PM	Melanie Pilates Mat	Yuki Flow Hatha - 45min		Jenn Pilates Mat	Joanna Pilates Mat	Karl Pilates Mat		
1:00PM	Madina Strong Hatha - 60min	Juliet Pilates Mat - 60min		Don Ashtanga - 60min	Vicki Flow Hatha - 60min	Don Strong Hatha - 60min		
5:30PM	Karl Pilates Mat - 60min	Jenn Pilates Mat - 60min		Yuki Flow Hatha - 90min	Jess Z Stretch - 60min	Cecilie Restorative - 90min		
6:30PM	Robert Ashtanga - 90min	Cecilie Flow Hatha - 75min			Terri Iyengar - 90min			

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT (GRC)						
CONFUCIUS Group Reformer Studio		MON 9 Dec	TUE 10 Dec	WED 11 Dec	THU 12 Dec	FRI 13 Dec	SAT 14 Dec	SUN 15 Dec
6:45AM	Rachel GRC	Prudence GRC		Katrina GRC - CIRCUIT	Anne GRC	Katrina GRC		
7:30AM	Rachel GRC	Prudence GRC		Katrina GRC	Anne GRC	Katrina GRC		
8:15AM							Barbara GRC	
9:00AM							Barbara GRC	
10:30AM	Melanie GRC	Katharine GRC		Jenn GRC	Joanna GRC	Katrina GRC		
11:15AM	Melanie GRC	Katharine GRC		Jenn GRC	Joanna GRC	Katrina GRC		
12:00PM	Rachel GRC - CHALLENGE	Katharine GRC		Katharine GRC - CHALLENGE	Rachel GRC - CIRCUIT	Katrina GRC - CIRCUIT		
12:45PM	Rachel GRC	Katrina GRC - CHALLENGE		Katharine GRC	Rachel GRC - CIRCUIT	Katrina GRC		
1:30PM	Rachel GRC	Katrina GRC		Katharine GRC	Rachel GRC	Karl GRC		
2:15PM	Katharine GRC	Juliet GRC		Katharine GRC	Karl GRC			
4:30PM	Katharine GRC	Jenn GRC						
5:15PM	Katharine GRC - CHALLENGE	Juliet GRC - CHALLENGE		Joanna GRC - CIRCUIT	Karl GRC	Katharine GRC		
6:00PM	Katharine GRC	Juliet GRC		Joanna GRC	Karl GRC	Katharine GRC		
6:45PM	Karl GRC	Juliet GRC		Joanna GRC	Prudence GRC			