

YOGA		HATHA ASHTANGA IYENGAR VINYASA YIN RESTORATIVE PILATES MAT						
SOCRATES Yoga Studio		MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
6:45AM	Jess Z Flow Hatha - 75min	Annie K Strong Hatha - 75min	Amy Flow Hatha - 75min	Jess Z Strong Hatha - 75min	Jess Z Stretch - 75min			
9:30AM							Yuki Flow Hatha - 90min	
11:30AM	Madina Flow Hatha - 45min	Martine Strong Hatha - 45min	Kelsey Yin - 45min	Domenica Slow Hatha - 45min	Martine 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	Anne 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	Cecilie Flow Hatha - 75min		Terri Iyengar - 90min				

PILATES		GROUP REFORMER CLASS (GRC) CIRCUIT(GRC)						
CONFUCIUS Group Reformer Studio		MON 26 Aug	TUE 27 Aug	WED 28 Aug	THU 29 Aug	FRI 30 Aug	SAT 31 Aug	SUN 1 Sep
6:45AM	Juliet GRC	Prudence GRC	Katrina GRC - Circuit	Anne GRC	Katrina GRC			
7:30AM	Juliet 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	Katharine GRC	Katharine GRC	Rachel GRC - Circuit	Katrina GRC - Circuit			
12:45PM	Rachel GRC	Katrina GRC	Katharine GRC	Rachel GRC - Circuit	Katrina GRC			
1:30PM	Rachel GRC	Katrina GRC	Katharine GRC	Rachel GRC	Karl GRC			
2:15PM	Katharine GRC	Anne GRC	Katharine GRC	Karl GRC				
4:30PM	Katharine GRC	Jenn GRC						
5:15PM	Katharine GRC	Juliet GRC	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				