

Schedule on Monday, 4th February 2019

| Time | Class | Instructor | Studio |
|---------|------------------------------|------------|----------------|
| 7:00AM | Hot Pilates Sculpt | Candace | Corner Studio |
| 7:00AM | Hot Power Flow | Abi | Central Studio |
| 8:15AM | Hot Power Flow | Abi | Corner Studio |
| 8:30AM | Xtend Barre Cardio Sculpt | Luba | Central Studio |
| 9:30AM | Hot Pilates Sculpt | Luba | Corner Studio |
| 10:00AM | Hot Power Flow | Apple | Central Studio |
| 11:00AM | Hot Pilates Flow | Maria | Corner Studio |
| 11:15AM | Mat Pilates Sculpt (Non Hot) | Ken | Central Studio |
| 12:15PM | Hot Power Flow | Zephyr | Corner Studio |
| 12:30PM | Xtend Barre Cardio Sculpt | Maria | Central Studio |

Studio will be closed at 2pm

NOTICE

- Studio will be closed on 5th & 6th February 2019 for Chinese New Year
- We shall resume operations as per usual on Thursday, 7th February 2019