

STUDIO TIMETABLE

CLASSES ARE £30 FOR HOTEL GUESTS AT THE EMORY AND THE BERKELEY

REFORMER CLASSES ARE £50 FOR HOTEL GUEST AT THE EMORY AND THE BERKELEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reformer Pilates	Reformer Pilates	Zen Yoga	Mat Pilates	Zen Yoga	Reformer Pilates	Reformer Pilates
9.00-9.50am	10.30-11.20am	9.00-9.50am	10.00-11.00am	9.15-10.15am	10.00-10.50am	10.00-10.50am
With Kerry	With Alli	With Bhavin	With Lemi	With Bhavin	With Kerry	With Sam
Reformer Pilates	Kettlebells	Reformer Pilates	Reformer Pilates	Mat Pilates	Reformer Pilates	Reformer Pilates
11.00-11.50am	2.30-3.00pm	10.00-10.50am	12.30-13.20pm	10.30-11.30am	12.00-12.50pm	12.00-12.50pm
With Kerry	With Halil	With Lemi	With Sam	With Alli	With Kerry	With Sam
Mandala Yoga	Zen Yoga	Energy & Intuitive Healing	Reformer Pilates	Reformer Pilates		
3.00-3.45pm	7.30-8.30pm	3.00-3.45pm	6.00-6.50pm	12.00-12.50pm		
With Francesca	With Bhavin	With Josephine	With Lemi	With Alli		
		Vinyasa Yoga	Zen Yoga			
		4.00-4.45pm	8.00-9.00pm			
		With Josephine	With Bhavin			
		Reformer Pilates				
		6.00-6.50pm				
		With Alli				