

# 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
<b>Reformer Pilates</b> 9.00-9.50am With Kerry	<b>Reformer Pilates</b> 10.30-11.20am With Alli	<b>Zen Yoga</b> 9.00-9.50am With Bhavin	<b>Mat Pilates</b> 10.00-11.00am With Lemi	<b>Zen Yoga</b> 9.15-10.15am With Bhavin	<b>Reformer Pilates</b> 10.00-10.50am With Kerry	<b>Reformer Pilates</b> 10.00-10.50am With Sam
<b>Reformer Pilates</b> 11.00-11.50am With Kerry	<b>Kettlebells</b> 2.30-3.00pm With Halil	<b>Reformer Pilates</b> 10.00-10.50am With Lemi	<b>Reformer Pilates</b> 12.30-13.20pm With Sam	<b>Mat Pilates</b> 10.30-11.30am With Alli	<b>Reformer Pilates</b> 12.00-12.50pm With Kerry	<b>Reformer Pilates</b> 12.00-12.50pm With Sam
<b>Mandala Yoga</b> 3.00-3.45pm With Francesca	<b>Zen Yoga</b> 7.30-8.30pm With Bhavin	<b>Energy &amp; Intuitive Healing</b> 3.00-3.45pm With Josephine	<b>Reformer Pilates</b> 6.00-6.50pm With Lemi	<b>Reformer Pilates</b> 12.00-12.50pm With Alli		
		<b>Vinyasa Yoga</b> 4.00-4.45pm With Josephine	<b>Zen Yoga</b> 8.00-9.00pm With Bhavin	<b>Zen Yoga</b> 8.00-9.00pm With Bhavin		
		<b>Reformer Pilates</b> 6.00-6.50pm With Alli				