

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 9.00-9.50am With Kerry	Reformer Pilates 10.30-11.20am With Alli	Reformer Pilates 10.00-10.50am With Lemi	Zen Yoga 7.30-8.30am With Bhavin	Zen Yoga 9.15-10.15am With Bhavin	Reformer Pilates 10.00-10.50am With Kerry	Reformer Pilates 10.00-10.50am With Sam
Reformer Pilates 11.00-11.50am With Kerry	Kettlebells 2.30-3.00pm With Halil	Yoga 2.30-3.15pm With Josephine	Mat Pilates 10.00-11.00am With Lemi	Mat Pilates 10.30-11.30am With Alli	Reformer Pilates 12.00-12.50pm With Kerry	Reformer Pilates 12.00-12.50pm With Sam
		Reformer Pilates 6.00-6.50pm With Alli	Reformer Pilates 12.30-13.20pm With Sam	Reformer Pilates 12.00-12.50pm With Alli		
			Reformer Pilates 6.00-6.50pm With Issi			
			Zen Yoga 7.30-8.30pm With Bhavin			