



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00						
9:00	8:30-9:30 matwork, reformer		8:30-9:30 matwork, reformer		8:30-9:30 matwork, reformer	8:15-9:15 matwork, reformer
10:00	9:30-10:30 matwork, reformer	9:30-10:30 matwork, reformer	9:30-10:30 matwork, reformer	9:30-10:30 matwork, reformer	9:30-10:30 matwork, reformer	9:15-10:15 matwork, reformer
11:00	10:30-11:30 matwork, reformer	10:30-11:30 matwork, reformer	10:30-11:30 matwork, reformer	10:30-11:30 matwork, reformer	10:30-11:30 matwork, reformer	10:30-11:30 matwork, reformer
12:00	11:30-12:30 matwork, reformer	11:30-12:30 matwork, reformer	11:30-12:30 matwork, reformer	11:30-12:30 matwork, reformer	11:30-12:30 matwork, reformer	11:30-12:30 matwork, reformer
1:00	12:30-1:30 matwork, reformer	12:30-1:30 matwork, reformer	12:30-1:30 matwork, reformer	12:30-1:30 matwork, reformer	12:30-1:30 matwork, reformer	12:30-1:30 matwork, reformer
2:00						
3:00						2:30-3:30 matwork, reformer
4:00						3:30-4:30 matwork, reformer
5:00				4:30-5:30 matwork, reformer		4:30-5:30 matwork, reformer
6:00	5:30-6:30 matwork, reformer	5:30-6:30 matwork, reformer	5:30-6:30 matwork, reformer	5:30-6:30 matwork, reformer		
7:00	6:30-7:30 matwork, reformer	6:30-7:30 matwork, reformer	6:30-7:30 matwork, reformer	6:30-7:30 matwork, reformer		
8:00	7:30-8:30 matwork, reformer	7:30-8:30 matwork, reformer	7:30-8:30 matwork, reformer	7:30-8:30 matwork, reformer		
	8:30-9:30 matwork, reformer	8:30-9:30 matwork, reformer	8:30-9:30 matwork, reformer	8:30-9:30 matwork, reformer		

Studio opening hours

Please call 6455 2221 to make your appointment in advance.

All timings reflected indicate existing scheduled classes. To arrange private and exclusive sessions outside these timings, please check with the reception staff .