

	Monday		Tuesday		Wednesday		Friday		Saturday		Sunday	
	3F	2F	3F	2F	3F	2F	3F	2F	3F	2F	3F	2F
10:00	10:00-10:45 Spine Yoga		10:00-10:45 Booty Yoga		10:00-10:45 Pelvic Yoga		10:00-10:45 Deep Stretch Yoga		10:00-10:45 Booty Yoga		10:00-10:45 Mat Pilates	
10												
20												
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11:00		11:00-11:25 Hips×Run	11:00-11:45 Spine Yoga				11:00-11:45 Lite Circuit	11:00-11:45 Booty Yoga		11:00-11:25 Hips×Run		11:00-11:45 Lite Circuit
10												
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12:00	12:00-12:45 Pelvic Yoga			12:00-12:45 Lite Circuit	12:00-12:45 Spine Yoga			12:00-12:45 Lite Circuit	12:00-12:45 Pelvic Yoga		12:00-12:45 Deep Stretch Yoga	
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16:00									15:30-16:15 Booty Yoga		15:30-16:15 Spine Yoga	
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17:00										16:30-17:15 Lite Circuit		16:30-17:15 Lite Circuit
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18:00	18:00-18:45 Spine Yoga		18:00-18:45 Mat Pilates		18:00-18:45 Pelvic Yoga		18:00-18:45 Booty Yoga		17:30-18:15 Ojas Yoga		17:30-18:15 Booty Yoga	
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19:00	18:55-19:40 POP Pilates			18:50-19:15 Hips×Run	18:55-19:40 Booty Yoga		18:55-19:40 Spine Yoga					
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20:00		19:50-20:35 Lite Circuit	19:50-20:35 Spine Yoga				19:50-20:35 Lite Circuit					
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21:00	20:45-21:30 Booty Yoga		20:45-21:30 Pelvic Yoga		20:45-21:30 Deep Stretch Yoga		20:45-21:30 Candle Yoga					
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22:00												