

# SCHEDULE

October 1 - 31, 2017

PILATES REFORMER	PILATES MAT	YOGA	PRENATAL	FITNESS	NEW	MIXES
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## AM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
	9:00 - 9:45 HIIT Susanna		8:30 - 9:25 BALLET BARRE Heba	8:30 - 9:25 PILATES REFORMER BEGINNER Maryliz	8:30 - 9:25 PILATES MAT ALL LEVELS Zeina		8:30 - 9:25 LATINO CARDIO Liris	8:30 - 9:25 PILATES REFORMER BEGINNER Hened	8:30 - 9:25 PILATES MAT ALL LEVELS Lucy	8:30 - 9:25 PILATES REFORMER BEGINNER Katy	8:30 - 9:25 YOGA STRETCH Dina	9:00 - 9:55 PILATES REFORMER BEGINNER Hened	
9:30 - 10:30 PILATES REFORMER ALL LEVELS Goli	10:00 - 11:15 VINYASA FLOW YOGA Dina	9:30 - 10:25 PILATES REFORMER BEGINNER Heba	9:30 - 10:45 YOGA FOR ALL Tracy	9:30 - 10:25 PILATES REFORMER INTERMEDIATE Maryliz	9:30 - 10:45 YOGA FOR ALL Chandnee	9:30 - 10:25 PILATES REFORMER BEGINNER Maryliz	9:30 - 10:45 HATHA YOGA Chandnee	9:30 - 10:25 PILATES REFORMER ALL LEVELS Hened	9:30 - 10:45 YOGA FOR ALL Karina	9:30 - 10:25 PILATES REFORMER INTERMEDIATE Katy	9:30 - 10:25 TOTAL BARRE Milka	10:00 - 10:55 PILATES REFORMER INTERMEDIATE Hened	10:00 - 11:15 HATHA FLOW YOGA Chandnee
	11:20 - 12:20 PRENATAL YOGA Dina	10:30 - 11:25 PILATES REFORMER ALL LEVELS Lucy	10:50 - 11:45 NEUROPILATES Heba	10:30 - 11:15 PILATES REFORMER INTERMEDIATE Maryliz	10:50 - 12:05 YIN YOGA Enji		11:00-12:00 PRENATAL YOGA Jo				10:30 - 11:25 BODY ART Milka		

## PM

SATURDAY		SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
		6:30 - 7:25 PILATES REFORMER ALL LEVELS Maryliz	6:00 - 6:55 SLIMDOWN Liris		5:00 - 6:00 PILATES MAT ALL LEVELS Zeina	6:30 - 7:25 PILATES REFORMER BEGINNER Amba	6:30 - 7:25 LATINO CARDIO Liris	5:45 - 6:30 PILATES REFORMER BEGINNER Zeina	5:00 - 6:00 PILATES MAT ALL LEVELS Lucy				
		7:30 - 8:25 PILATES REFORMER INTERMEDIATE Maryliz	7:00 - 7:55 HATHA YOGA Chandnee	6:30 - 7:25 PILATES REFORMER BEGINNER Yousra	6:30 - 7:15 HIIT Sarah	7:30 - 8:25 PILATES REFORMER BEGINNER Amba	7:30 - 8:45 VINYASA FLOW YOGA Alexandra	6:30 - 7:25 PILATES REFORMER ALL LEVELS Goli	6:30 - 7:25 PILATES MAT ALL LEVELS Zeina				
				7:30 - 8:25 PILATES REFORMER BEGINNER Yousra	7:30 - 8:30 POWER YOGA Karina			7:30 - 8:25 PILATES JUMPBOARD Goli	7:30 - 8:45 YOGA FOR ALL Karina				

\*Classes and instructors may change due to uncontrollable reasons so NO REFUNDS or EXTENSIONS will be done on any pre-purchased packages and memberships due to a schedule change.

Pre natalclasses are open for pregnancies over 13 weeks and above. Admission below 13 weeks must be approved by a physician.

The studio adopts a 24-hour cancellation policy for all classes, private sessions, and workshops. This is applicable for members, package holders, and drop-ins.

Packages and memberships are offered at a discounted rate to allow you to get the best value for money and enjoy a variety of class options.

Exhale JBR runs an average of 60 classes per week to allow you the freedom to choose from a wide selection of classes and timings.

Exhale also offers Zero Barrier to club membership so you can enjoy a pay as you go option without a start up fee in case you don't wish to commit to a package upfront.