STUDIO CLASSES (1:8)
TIMETABLE
EFFECTIVE 1 NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30						
09:30				DYNAMIC BARRE with SERJI		
10:30	DYNAMIC MATWORK with TARA					
12:00		DYNAMIC BARRE with SERJI				
12:30			* NEW * DYNAMIC MATWORK with ANTONIA			
13:00					* NEW * DYNAMIC MATWORK with CHLOE	
14:00						
17:00						
18.00		DYNAMIC MATWORK with HANNAH		DYNAMIC MATWORK with YASMIN		
19.00	DYNAMIC MATWORK with HANNAH	DYNAMIC MATWORK with HANNAH				

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