

STUDIO TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8am		7.30-8.30am Surrenne Yoga With Bhavin					
8-8.30am							
8.30-9am							
9-9.30am		9-10am On Demand Earth & Sky	9-10am Surrenne Zen With Bhavin				
9.30-10am				9:30-10:30am Surrenne Pilates With Lemi			
10-10.30am	10-10:30am Surrenne Functional With Halil		10-11am Surrenne Pilates With Lemi		10-11am Surrenne Yoga With Bhavin		
10.30-11am	10:30- 11.30am On Demand Earth & Sky			10:45am- 11:45am Surrenne Barre With Lemi		10:30-11:30am Surrenne Yoga With Bhavin	
11-11.30am							
11.30am- 12pm							
12-12.30pm	12-1pm Surrenne Pilates Sculpt With Barry						
12.30-1pm							
1-1.30pm					1-2pm Surrenne Stretch & Mobility With Lemi		1-1:30pm Surrenne Stretch With Halil
1.30-2pm	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky		1:30-2.30pm On Demand Earth & Sky	
2-2.30pm							2-3pm On Demand Earth & Sky
2.30-3pm							
3-3.30pm							
3.30-4pm							
4-4.30pm							4-5pm Surrenne Drainage Method With Carli
4.30-5pm							
5-5.30pm					5-5:45pm Surrenne Point & Release With Carli		
5.30-6pm	5-5:45pm Surrenne BaseLine Pilates With Carli						
6-6.30pm			6:30-7:15 Surrenne Ground Work Yoga With Carli				
6.30-7pm							
7-7.30pm							
7.30-8pm							
8-8:30pm		8-9pm Surrenne Zen With Bhavin		8-9pm Surrenne Zen With Bhavin			
8.30-9pm							

SURRENNE