

RIVER VALLEY STUDIO CLASS SCHEDULE

(JAN 2010)

as of 3rd January 2010, we will be making changes to our schedules.
 here's the new schedule:

RIVER VALLEY	MON	TUE	WED	THURS	FRI	SAT	SUN
9:00-10:30	HOT A	HOT B	HOT B	HOT A	HOT B	HOT B	HOT A
9:30-11:00	HATHA	JAP HOT A	* JAP YIN / JAP PIL	<u>HATHA CHANGE</u>	YIN		
10:00-11:30						VF all level	VF interm
11:00-12:30		HOT B 60mins	PIL 60mins			HOT A	HOT B
12:00-1:30						YIN	YIN
12:15-1:15		HF	HOT B	PIL	HOT B		
1:00-2:00						PIL	PIL
2:00-3:30						JAP HOT A	
2:30-4:00	HOT B	HOT A	HOT B	HF	HOT B	HF 75mins	HF 75mins
4:00-5:00						HOT B	
4:30-6:00							HOT B
5:30-6:30	HOT B	HF	HOT B	HOT B	HF		
6:30-7:45	YP	VF all level	HF	VF all level	HOT B		
7:00-8:30	HOT A	HOT B	HOT A	HOT B	VF all level		
8:00-9:30	HOT B 60mins	HOT A	YIN	HOT B			

* JAP YIN/JAP PIL

Class will alternate between Pilates and Yin yoga. Kindly check with instructor for schedule.