



# Class Schedule April 2021 (Singapore Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
7:30		7:30-8:30 Roll & Refresh (Holly)				7:30-8:30 Run Stronger (Holly)	
8:00							
8:30				8:45-9:45 Pre & Postnatal Strength (Holly)		8:45-9:45 Strength Foundations (Holly)	8:30-9:30 Yoga Foundations (Holly)
9:00	9:00-10:00 Gentle Yoga** (Jen)						
9:30			10:00-11:00 Bodyweight Flow (Jen)	10:00-11:00 Active Aging (Holly)			9:45-10:45 Recovery for Athletes (Holly)
10:00							
10:30							
11:00		11:15-12:15 Run Stronger (Holly)	11:15-12:15 Strength Foundations (Jen)				11:00-12:00 Prenatal Yoga (Holly)
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00			4:00-5:00 Gentle Yoga (Holly)		4:00-5:00 Strength Foundations (Holly)	4:00-5:00 Bodyweight Flow (Holly)	
4:30							
5:00		5:15-6:15 Pre & Postnatal Strength (Holly)	5:15-6:15 Bodyweight Flow (Holly)				
5:30							
6:00			6:30-7:30 Strength Foundations (Holly)		6:30-7:30 Prenatal Yoga (Holly)		
6:30							
7:00							
7:30					7:45-8:45 Yoga Foundations (Holly)		
8:00							
8:30							
9:00							
9:30							
**Changed to Restorative Yoga on the LAST Sunday of each month.							
	Run Lab		Strength Lab		Perinatal Lab		Yoga Lab