



Class Schedule June 2021 (Singapore Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
7:30							
8:00				7:45-8:30 AM OUTDOOR Strength Foundations (Holly)		7:45-8:30 AM OUTDOOR Yoga Foundations (Holly)	
8:30							8:30-9:30 AM ZOOM+STUDIO Yoga Foundations (Holly)
9:00	9:00-10:00 AM ZOOM+STUDIO Gentle Yoga (Jen)		9:00-10:00 AM ZOOM+STUDIO Strength Foundations (Jen)	9:00-10:00 AM ZOOM+STUDIO Yoga Foundations (Holly)		9:00-10:00 AM ZOOM+STUDIO Bodyweight Flow (Holly)	
9:30							9:45-10:45 AM ZOOM+STUDIO Recovery for Athletes (Holly)
10:00							
10:30							
11:00							
11:30							
12:00				12:00-1:00 PM ZOOM+STUDIO Prenatal Yoga (Holly)			
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00		4:00-5:00 PM ZOOM+STUDIO Bodyweight Flow (Holly)				4:00-5:00 PM ZOOM+STUDIO Gentle Yoga (Holly)	
4:30							
5:00		5:15-6:00 PM OUTDOOR Run Stronger (Holly)	5:15-6:15 PM ZOOM+STUDIO Pre & Postnatal Strength (Holly)		5:15-6:15 PM ZOOM+STUDIO Strength Foundations (Holly)		
5:30							
6:00							
6:30			6:30-7:15 PM OUTDOOR Yoga Foundations (Holly)				
7:00							
7:30							
8:00			7:45-8:45 PM ZOOM+STUDIO Yoga Foundations (Holly)		7:45-8:30 PM OUTDOOR Gentle Yoga (Holly)		
8:30							
9:00							
9:30							