



Class Schedule Oct 2021 (Singapore Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
7:30							
8:00				8:00-8:45 AM OUTDOORS Strength Foundations			
8:30							8:30-9:30 AM VAXXED + ZOOM Yoga Foundations (Holly)
9:00			9:00-10:00 AM VAXXED + ZOOM Strength Foundations (Jen)	9:00-10:00 AM VAXXED + ZOOM Yoga Foundations (Holly)		9:00-10:00 AM VAXXED + ZOOM Bodyweight Flow (Holly)	
9:30							9:45-10:45 AM VAXXED + ZOOM Rolling Requests (Holly)
10:00							
10:30						10:15-11:15 AM VAXXED + ZOOM Pre/PostNatal Strength (Holly)	
11:00							11:00-Noon VAXXED + ZOOM Strength Foundations (Holly)
11:30							
12:00							
12:30			12:15-12:45 PM / ZOOM Yoga Found. Quickie	12:15-12:45 PM / ZOOM Gentle Yoga Quickie	12:15-12:45 PM / ZOOM Strength Found. Quickie		
1:00				1:00-2:00 PM MASKED Yoga Foundations (Holly)			
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30					4:00-5:00 PM MASKED Gentle Yoga (Holly)	4:00-5:00 PM VAXXED + ZOOM Gentle Yoga	
5:00							
5:30		5:15-5:45 PM / ZOOM Run Recovery Quickie	5:15-6:15 PM VAXXED + ZOOM Bodyweight Flow (Holly)		5:15 - 6:00 PM OUTDOORS Yoga Foundations	5:15-5:45 PM / ZOOM Strength Found. Quickie	
6:00							
6:30			6:30-7:15 PM OUTDOORS Run Stronger		6:30-7:00 PM / ZOOM Kettlebell Conditioning		
7:00							
7:30					7:15-7:45 PM / ZOOM Desk De-Stress		
8:00			7:45-8:45 PM VAXXED + ZOOM Prenatal Yoga (Holly)				
8:30							
9:00							
9:30							

**OUTDOOR and MASKED classes are open to everyone, regardless of vaccination status.
Masks are optional outside
VAXXED classes are only open to those with "the free checkmark"