



greenhills class schedule

normal schedule

	monday	Tuesday	Wednesday	Thursday	friday	Saturday	sunday
6:30 am		power 2. 75 mins	power 1 75 mins	power 2 75 mins	power 1 75 mins		
7:45 am		hatha 1 75 mins	led ashtanga 75 mins	hatha 1 75 mins	led ashtanga 75 mins		
9:00 am			nia 60 mins		nia 60 mins	9:30 am power 1 75 mins	
12:00 pm	pilates 60 mins	pilates 60 mins	pilates power hour 60 mins	pilates 60 mins	pilates power hour 60 mins	10:45 am mysore 120 mins	10:00 am gentle flow
2:00 pm	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	hatha 1 75 mins	1:00 pm pilates 60 mins	
3:00 pm						Free class (gentle flow) 90 mins	power 1 75 mins
5:00 pm						hot flow 75 mins	hot flow 75 mins
6:45 pm	hot flow 75 mins	hot flow nia 75 mins	hot flow 75 mins	hot flow nia 75 mins	hot flow 75 mins		
7:00 pm	pilates 60 mins	power 1 75 mins	power 2 pilates 60 mins	power 1 75 mins			
8:00 pm		hatha 1 75 mins	gentle flow 75 mins	hatha 1 75 mins			

*Kindly SMS +63917 84PULSE or call +632 7217900 to reserve your mat for class. Classes subject to change without prior notice.

Schedule updated June 30, 2008