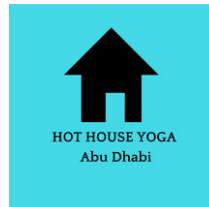




JUNE SCHEDULE

Starts 7/06



SUNDAYS

NEW 9am Hatha Warrior (1/2)
10:30am Gentle Warrior (Ladies only) (1)
10:30am Anti Gravity (1)
***3:45pm Kids Gym 3+**
***4:45pm Kids Gym 8+**
6:15pm Pilates (1/2)
7:15pm Sound bath meditation (1)
****7:30pm Gentle Warrior & Stretch (1)**

MONDAYS

8:30am Gentle Warrior (1)
9:15am Power BEATS Warrior (2/3)
10:30am Yin & Mindfulness (1)
5:15pm Gentle Warrior Ladies only (1)
6pm Ashtanga Express (2)
6:30pm Antigravity (1)
7:45pm Restorative (1)

TUESDAYS

8:45am Ashtanga (2)
10:30am Pilates (1/2)
6pm Therapeutic Yoga for back pain
6pm Pilates (1/2)
7:15pm Barre (1/2)
8pm Yin & Mindfulness (1)

WEDNESDAYS

8:45am Power Warrior (2/3)
9am Gentle Warrior (1)
10:30am Hot Sculpt (Heated) (1)
3:45pm Kids Gym 3+
4:45pm Kids Gym 8+
5pm CAPOEIRA 3+
5:45pm CAPOEIRA 8+
6pm Power Warrior (2)
8pm Yin & Mindfulness (1)

THURSDAYS

9am Ashtanga (2)
NEW 9:30am Hatha Warrior (1) Ladies only
10:30am Pilates (1/2)
5:30pm Hot Warrior (Heated) (1)
6pm Power Warrior (2/3)

FRIDAYS

9am Hot Warrior (heated) (1)
9:15am Power Warrior (2/3)

SATURDAYS

9am Power Warrior (2/3)
****9:30 Gentle Warrior (1)**
5pm Ashtanga Express (1)
5:15pm Hot Warrior (1)
6:30pm Yin & Mindfulness (1)

**Level 1 - new/beginner yogi * Level 2 - Intermediate yogi * level 2/3 - consistently practicing yogi
(expect arm balances & inversions)**

**Bookings for, Barre, Suspension Pilates, Aerial Pilates & AntiGravity available for single prepaid, 5,
10, 20 & Annual class packs**

****Suitable for Pre-natal Yogis**

- Classes and timings subject to change -

For bookings and info contact us : Tel: 02 583 7753/ info@thehothouseuae.com

www.thehothouseuae.com / @thehothouseuae.com