THE STUDIO
by CF&K

Class Schedule

Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 am ***Aerial Yoga*** **(Kimmy)**	9:45 am ***PilaYoga* Level 2** **(Veronica)**	9:30 am (70min) ***Hatha Yoga*** **(Kimmy)**	9:45 am ***PilaYoga* Level 2** **(Veronica)**		10:00 am ***Aerial Yoga*** **(Kimmy)**	10:00 am ***Aerial Yoga*** **(Kimmy)**
	11:00 am ***PilaYoga* Level 1** **(Veronica)**		11:00 am ***PilaYoga* Level 1** **(Veronica)**		10:00 am ***PilaYoga* Level 1** **(Veronica)**	
	7:00 pm ***Aerial Yoga*** **(Kimmy)**		7:00 pm ***Aerial Yoga*** **(Kimmy)**		11:15 am ***Aerial Yoga*** **(Youth/Adult)** **(Kimmy)**	

****PRE-REGISTRATION is required to join ALL our group classes & PRIVATE YOGA***

*****All first-timers must take "BEGINNER Aerial Yoga" to join our regular & advanced Aerial Yoga classes***
******Please Contact us for more info.***

****PilaYoga* classes are fully booked until mid December, 2021. Please inquire us for future registration.***

www.thestudiobycfk.com