

# WORKSHOP®

## Studio Schedule June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 09:00 Mat Pilates  11:00 Barre  16:00 WORKSHOP Signature Class	4 11:00 GROUND Meditation  16:00 GROUND Meditation	5 09:00 WORKSHOP Signature Class  12:00 Boxing  17:00 Mat Pilates	6	7 09:00 Mat Pilates  12:00 WORKSHOP Signature Class  15:00 Meditation	8
9	10 08:00 WORKSHOP Signature Class  12:00 Boxing	11	12 08:00 Yoga  11:00 WORKSHOP Signature Class  16:00 Recovery	13	14 09:00 WORKSHOP Signature Class  12:00 Boxing  15:00 Yoga	15
16 09:00 Mat Pilates	17 09:00 Mat Pilates  11:00 Barre  16:00 WORKSHOP Signature Class	18	19 09:00 WORKSHOP Signature Class  12:00 Boxing  17:00 Mat Pilates	20	21 09:00 Mat Pilates  12:00 WORKSHOP Signature Class  15:00 Meditation	22
23	24 08:00 WORKSHOP Signature Class  12:00 Boxing	25	26 08:00 Yoga  11:00 WORKSHOP Signature Class  16:00 Recovery	27	28 09:00 WORKSHOP Signature Class  12:00 Boxing  15:00 Yoga	29
30 09:00 Mat Pilates	1 09:00 Mat Pilates  11:00 Barre  16:00 WORKSHOP Signature Class	2	3 09:00 WORKSHOP Signature Class  12:00 Boxing  17:00 Mat Pilates	4	5 09:00 Mat Pilates  12:00 WORKSHOP Signature Class  15:00 Meditation	6