

SCHEDULE

October 1 - 31, 2017

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| PILATES REFORMER | PILATES MAT | YOGA | PRENATAL | FITNESS | NEW | MIXES |
|------------------|-------------|------|----------|---------|-----|-------|

AM

| SATURDAY | | SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|--|---------------------------------------|---|--|--|--|--|---|---|--------------------------------------|---|--|
| Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 |
| | 9:00 - 9:45 HIIT Susanna | | 8:30 - 9:25 BALLET BARRE Heba | 8:30 - 9:25 PILATES REFORMER BEGINNER Maryliz | 8:30 - 9:25 PILATES MAT ALL LEVELS Zeina | | 8:30 - 9:25 LATINO CARDIO Liris | 8:30 - 9:25 PILATES REFORMER BEGINNER Hened | 8:30 - 9:25 PILATES MAT ALL LEVELS Lucy | 8:30 - 9:25 PILATES REFORMER BEGINNER Katy | 8:30 - 9:25 YOGA STRETCH Dina | 9:00 - 9:55 PILATES REFORMER BEGINNER Hened | |
| 9:30 - 10:30 PILATES REFORMER ALL LEVELS Goli | 10:00 - 11:15 VINYASA FLOW YOGA Dina | 9:30 - 10:25 PILATES REFORMER BEGINNER Heba | 9:30 - 10:45 YOGA FOR ALL Tracy | 9:30 - 10:25 PILATES REFORMER INTERMEDIATE Maryliz | 9:30 - 10:45 YOGA FOR ALL Chandnee | 9:30 - 10:25 PILATES REFORMER BEGINNER Maryliz | 9:30 - 10:45 HATHA YOGA Chandnee | 9:30 - 10:25 PILATES REFORMER ALL LEVELS Hened | 9:30 - 10:45 YOGA FOR ALL Karina | 9:30 - 10:25 PILATES REFORMER INTERMEDIATE Katy | 9:30 - 10:25 TOTAL BARRE Milka | 10:00 - 10:55 PILATES REFORMER INTERMEDIATE Hened | 10:00 - 11:15 HATHA FLOW YOGA Chandnee |
| | 11:20 - 12:20 PRENATAL YOGA Dina | 10:30 - 11:25 PILATES REFORMER ALL LEVELS Lucy | 10:50 - 11:45 NEUROPILATES Heba | 10:30 - 11:15 PILATES REFORMER INTERMEDIATE Maryliz | 10:50 - 12:05 YIN YOGA Enji | | 11:00-12:00 PRENATAL YOGA Jo | | | | 10:30 - 11:25 BODY ART Milka | | |

PM

| SATURDAY | | SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|----------|----------|---|---------------------------------------|--|--|--|---|---|--|----------|----------|----------|----------|
| Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 |
| | | 6:30 - 7:25 PILATES REFORMER ALL LEVELS Maryliz | 6:00 - 6:55 SLIMDOWN Liris | | 5:00 - 6:00 PILATES MAT ALL LEVELS Zeina | 6:30 - 7:25 PILATES REFORMER BEGINNER Amba | 6:30 - 7:25 LATINO CARDIO Liris | 5:45 - 6:30 PILATES REFORMER INTERMEDIATE Zeina | 5:00 - 6:00 PILATES MAT ALL LEVELS Lucy | | | | |
| | | 7:30 - 8:25 PILATES REFORMER INTERMEDIATE Maryliz | 7:00 - 7:55 HATHA YOGA Chandnee | 6:30 - 7:25 PILATES REFORMER BEGINNER Yousra | 6:30 - 7:15 HIIT Sarah | 7:30 - 8:25 PILATES REFORMER BEGINNER Amba | 7:30 - 8:45 VINYASA FLOW YOGA Alexandra | 6:30 - 7:25 PILATES REFORMER ALL LEVELS Goli | 6:30 - 7:25 PILATES MAT ALL LEVELS Zeina | | | | |
| | | | | 7:30 - 8:25 PILATES REFORMER BEGINNER Yousra | 7:30 - 8:30 POWER YOGA Karina | | | 7:30 - 8:25 PILATES JUMPBOARD Goli | 7:30 - 8:45 YOGA FOR ALL Karina | | | | |

*Classes and instructors may change due to uncontrollable reasons so NO REFUNDS or EXTENSIONS will be done on any pre-purchased packages and memberships due to a schedule change.

Pre natalclasses are open for pregnancies over 13 weeks and above. Admission below 13 weeks must be approved by a physician.

The studio adopts a 24-hour cancellation policy for all classes, private sessions, and workshops. This is applicable for members, package holders, and drop-ins.

Packages and memberships are offered at a discounted rate to allow you to get the best value for money and enjoy a variety of class options.

Exhale JBR runs an average of 60 classes per week to allow you the freedom to choose from a wide selection of classes and timings.

Exhale also offers Zero Barrier to club membership so you can enjoy a pay as you go option without a start up fee in case you don't wish to commit to a package upfront.