



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)	9:15 am (75min) *Hatha Yoga* (Kimmy)	9:45 am *PilaYoga* Level 2 (Veronica)	9:30 am (75min) *Hatha Yoga* (Kimmy)	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)		11:30 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