



THE STUDIO

The Studio - Ladies only Yoga and Pilates Sanctuary in the heart of Abu Dhabi

Classes 1-30th April 2019

Sunday	Instructor	Time
Strala Inspired Hatha	Ella Dabney-Carrow	8:30am
Reformer Pilates	Roi Karpathiou	9:00am
Swing Yoga (OPEN)	Ella Dabney-Carrow	10:00am
Swing Yoga	Amanda	6:00pm
Sculpt Reformer: Full body Burn	Candice Woodhead	6:30pm
Therapeutic Yoga	Ella Dabney-Carrow	7:00pm

Monday	Instructor	Time
Swing Yoga (Open)	Ella Dabney-Carrow	8:30am
Mat Pilates	Nola Rae	9:00am
Hatha Flow	Ella Dabney-Carrow	10:00am
Yin yoga	Ella Dabney-Carrow	5:30pm
Dynamic Flow Reformer	Nola Rae	5:30pm
Studio total Barre	Nola Rae	6:30pm
Swing Yoga(Open)	Ella Dabney-Carrow	6:45pm

Tuesday	Instructor	Time
Swing Yoga (intermediate)	Ella Dabney-Carrow	8:30am
Reformer Pilates	Nola Rae	9:00am
Kids Yoga (3-7yrs)	Betul Isik	4:00pm (Starting April 16 th)
Kids Yoga (8-12)	Betul Isik	5:00pm (Starting April 16 th)



THE STUDIO

Sculpt Reformer(Abs&Arms)	Candice Woodhead	5:30pm
Swing Yoga	Joanna Veronica	6:00pm
Sculpt Reformer(Abs&Arms)	Candice Woodhead	6:30pm
Restorative Yoga	Joanna Veronica	7:30pm

Wednesday	Instructor	Time
Hatha Flow	Ella Dabney-Carrow	9:00am
Studio Total Barre	Nola Rae	9:00am
Swing Yoga(open)	Ella Dabney-Carrow	10:15am
Sculpt Reformer(full body burn)	Nola Rae	5:30pm
Swing Yoga(Intermediate)	Amanda	6:30pm
Mat Pilates	Nola Rae	6:30pm
Therapeutic Yoga	Ella Dabney-Carrow	7:00pm

POP UP: Chakra Healing Session (Full moon) 10th April

Thursday	Instructor	Time
Therapeutic Yoga	Ella Dabney-Carrow	9:00am
Work the Chair(block 2ppl)	Roi Karpathiou	9:00am
Swing Therapeutic Yoga	Ella Dabney-Carrow	10:15am
Yin Yoga	Ella Dabney-Carrow	5:00pm
Anti Gravity Arial Fitness	Lama	6:30pm

Saturday	Instructor	Time
Kriya Yoga*	Aksana B.	9:00am
Power Yoga	Diana Sleiman	9:30am
Dynamic Flow Reformer	Nola Rae	10:30am



THE STUDIO

Essential Flow Reformer	Nola Rae	11:00am
Anti-Gravity Aerial Fitness	Lama	6:30pm