

MON	TUE	WED	THU	FRI	SAT	SUN
8:30 am Xtend Barre® Multilevel w/ Fang 55 mins	8:30 am Pilates Allegro Multilevel w/ Juan 55 mins	8:30 pm Private Yoga 55 mins	8:30 am Pilates Allegro Multilevel w/ Fang 60 mins	8:30 am Hatha Yoga w/ Tryphena 55 mins	9:30 am BLT Pilates Allegro w/ Chelsea 55 mins	9:00 am Core Fusion Yoga w/ Maria 55 mins
9:45 am Core Fusion Yoga w/ Maria 55 mins	9:30 am Ab Blast Pilates Allegro w/ Riel 55 mins	9:45 am Classical Pilates Mat Flow w/ Brenton 55 mins	9:45 am Fat Burn Pilates Allegro Intermediate w/ Michelle 55 mins	9:45 am Xtend Barre® Multilevel w/ Chelsea 55 mins	10:45 am Power Flow Yoga w/ Viv 55 mins	10:15 am Classical Pilates Mat with Props w/ Riel 55 mins
11:00 am Classical Pilates Mat Flow w/ Gilson 55 mins	11:00 am Pilates Allegro Level II w/ Gilson 55 mins	11:00 am Xtend Barre® Cardio w/ Chelsea 55 mins	11:00 am Pilates Allegro Level I w/ Fang 55 mins	11:00 am Classical Mat Pilates w/ Gilson 55 mins		11:15 am Xtend Barre® Multilevel w/ Riel 55 mins
12:15 pm Hatha Yoga w/ Dilip 50 mins	12:15 pm Pilates Allegro Level I w/ Juan 50 mins	12:15 pm Classical Pilates Mat Flow w/ Anna 50 mins	12:15 pm Pilates Allegro w/ Nick 50mins	12:15 pm Core Fusion Yoga w/ Maria 50 mins	12:00 pm Pilates Allegro Level I w/ Heather 55 mins	12:15 pm Hatha Yoga w/ Maria 55 mins
1:15 pm Express Xtend Barre® Multilevel w/ Anna 50 mins	1:30 pm Pre-Natal Allegro w/ Michelle 55 mins	1:15 pm Express Xtend Barre® Stick w/ Chelsea 50 mins	1:15 pm Pilates Allegro/ Mat Combo w/ Nick 50 mins	1:15 pm Express Xtend Barre® w/ Chelsea 50 mins	1:30 pm Xtend Barre® Multilevel w/ Dominique 50 mins	1:30 pm Xtend Barre® Multilevel w/ Debby 55 mins
2:15 pm Hatha Yoga w/ Maria 55 mins	2:30 pm Private Yoga 55 mins	2:30 pm Private Yoga 55 mins	3:00 pm Xtend Barre® Multilevel w/ Sabrina 55 mins	3:00 pm Hatha Yoga w/ Dilip 55 mins	2:30 pm Stretch & Release Yoga w/ Maria 55 mins	3:00 pm Pilates Allegro Level I w/ Maria 55 mins
4:15 pm Xtend Barre® Cardio w/ Chelsea 55 mins	4:00 pm Strengthen and Stretch Pilates Allegro Level I w/ Maria 55 mins	4:00 pm Stretch & Release Yoga w/ Maria 55 mins	4:00 pm Classical Pilates Mat Flow w/ Anna 55 mins	4:30 pm Private Pilates Allegro w/ Maria 55 mins	3:30 pm Classical Pilates Mat Flow w/ Nick 55 mins	4:00 pm Pilates Allegro w/ Maria 55 mins
5:30 pm Fat Burn Pilates Allegro Intermediate w/ Chelsea 55 mins	5:30 pm Classical Pilates Mat Flow w/ Maria 55 mins	5:30 pm Pilates Allegro Mat/Combo w/ Kgosi 55 mins	5:00 pm Private Yoga 55 mins	5:30 pm Strengthen and Stretch - Allegro Level I w/ Maria 55 mins	4:30 pm Xtend Barre® Multilevel w/ Dominique 55 mins	5:30 pm Stretch & Release Yoga w/ Maria 55 mins
6:30 pm BLT Pilates Allegro w/ Fang 55 mins	6:30 pm Xtend Barre® Multilevel w/ Elvin 55 mins	6:30 pm Pilates Allegro Level I w/ Juan 55 mins	6:30 pm Intro to Pilates 6 - week Course w/ Morgan 55 mins	6:30 pm BLT Pilates Allegro w/ Maria 55 mins	5:30 pm Private Aerial Yoga w/ Cherrie 55 mins	
7:30 pm Pilates Allegro w/ Fang 55 mins	7:45 pm Power Flow Yoga w/ Viv 55 mins	7:30 pm Pilates Allegro Level II w/ Kgosi 55 mins	7:45 pm Xtend Barre® Multilevel w/ Debby 55 mins		6:30 pm Power Flow Yoga	

Booking Essential. Flex reserves the right to cancel classes with less than 4 pre-registered sign ups.

 Group Classes

 Allegro Classes

Updated 2020 Schedule

Studio B 3rd Floor Schedule

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