

STUDIO SCHEDULE

MONDAY :
09:45 - 10:45
12:00 - 13:00
18:15 - 19:15
19:30 - 20:30

GENTLE YOGA
VINYASA
ALIGNMENT YOGA
POWER YOGA

TUESDAY :
09:45 - 10:45
12:00 - 12:45
17:30 - 18:30
18:15 - 19:15
18:45 - 19:30
19:30 - 20:30

VINYASA
STRENGTH & FLEXIBILITY
VINYASA YOGA
CHAIR YOGA
MYOMOBILITY
BEGINNERS FLOW

WEDNESDAY :
09:45 - 10:45
12:00 - 12:45
18:15 - 19:15
18:45 - 19:45
19:30 - 20:30

DYNAMIC VINYASA
MYOMOBILITY
VINYASA
ASHTANGA VINYASA
RESTORATIVE YOGA

THURSDAY :
09:45 - 10:45
12:00 - 13:00
17:30 - 18:30
18:15 - 19:15
18:45 - 19:45
19:30 - 20:30

VINYASA
VINYASA & KRIYA
BEGINNERS YOGA
GENTLE YOGA
ASHTANGA FOR BEGINNERS
YIN YOGA

FRIDAY :
09:45 - 10:45
12:00 - 12:45
18:45 - 19:45

MORNING YOGA
CORE FLOW YOGA
YIN YOGA

SATURDAY :
08:30 - 09:30
09:00 - 10:00
09:45 - 10:45
10:15 - 11:15

MORNING YOGA
MANDALA VINYASA
ENERGIZING FLOW
ASHTANGA FOR BEGINNERS

SUNDAY :
08:30 - 09:30
09:00 - 10:00
10:15 - 11:15

MORNING YOGA
STRENGTH & FLEXIBILITY
RESTORATIVE YOGA