

STUDIO SCHEDULE

MONDAY :

09:45 - 10:45 GENTLE YOGA
12:00 - 13:00 VINYASA
18:15 - 19:15 CHAIR YOGA
19:30 - 20:30 POWER YOGA

TUESDAY :

09:45 - 10:45 VINYASA
12:00 - 12:45 STRENGTH & FLEXIBILITY
17:30 - 18:30 POWER YOGA
18:45 - 19:30 STRETCH & RECOVERY
19:30 - 20:30 BEGINNERS FLOW

WEDNESDAY :

11:00 - 12:00 VINYASA
17:30 - 18:30 CORE STABILITY & BALANCE
18:15 - 19:15 VINYASA
18:45 - 19:45 ASHTANGA VINYASA
19:30 - 20:30 RESTORATIVE YOGA

THURSDAY :

09:45 - 10:45
17:30 - 18:30
18:15 - 19:15
18:45 - 19:45
19:30 - 20:30

VINYASA
BEGINNERS YOGA
GENTLE YOGA
ASHTANGA FOR BEGINNERS
SOMATIC YOGA

FRIDAY :

09:45 - 10:45
18:45 - 19:45

MORNING YOGA
YIN YOGA

SATURDAY :

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

MORNING YOGA
MANDALA YOGA
ENERGIZING FLOW
ASHTANGA FOR BEGINNERS

SUNDAY :

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

MORNING YOGA
STRENGTH & FLEXIBILITY
VINYASA
RESTORATIVE YOGA