

CLASSES

MON

10:00 - 11:00	Hatha
18:30 - 19:30	Ashtanga
20:00 - 21:00	Restorative

TUE

07:00 - 08:00	Hatha Flow
09:30 - 10:30	Vinyasa Flow
11:00 - 12:00	Meditation
18:00 - 19:00	Pilates
19:30 - 21:00	Hatha

WED

07:00 - 08:00	Hatha
08:00 - 08:30	Meditation
09:30 - 10:30	Community Yoga
11:15 - 12:15	Mum & Baby
18:30 - 19:30	Vinyasa Flow
20:00 - 21:00	Yin & Sound

THU

07:00 - 08:00	Vinyasa Flow
09:30 - 10:30	Beginners
11:15 - 12:00	Chair
18:30 - 19:30	Power Yoga
20:00 - 21:00	Hatha

FRI

08:00 - 08:30	Meditation
10:00 - 11:00	Hatha Flow
18:30 - 19:30	Yin Yoga
20:00 - 21:00	Candlelit Flow

SAT

08:00 - 09:00	Hatha
09:30 - 10:30	Vinyasa Flow
11:30 - 12:30	Pregnancy Yoga

SUN

10:00 - 11:00	Power Yoga
11:30 - 12:30	Hatha
16:30 - 17:30	Restorative & Sound