

|         | MON            | TUES    | WED                | THURS     | FRI         | SAT       | SUN                |
|---------|----------------|---------|--------------------|-----------|-------------|-----------|--------------------|
| 6AM     | MAT PILATES    |         | MAT PILATES        |           | MAT PILATES |           |                    |
| 9AM     |                |         |                    |           |             |           | VINYASA            |
| 9.15AM  |                |         |                    |           |             | SLOW FLOW |                    |
| 9.30AM  | VINYASA        | YIN     |                    |           |             |           |                    |
| 10AM    |                |         |                    |           |             |           | YIN                |
| 12.15PM |                |         |                    |           | HATHA       |           |                    |
| 4.15PM  |                | VINYASA |                    | VINYASA   |             |           |                    |
| 4.30PM  | PREGNANCY YOGA |         |                    |           |             |           |                    |
| 5PM     |                |         |                    |           |             |           | YIN                |
| 5.30PM  | HATHA          | VINYASA | YIN                | SLOW FLOW | YIN         |           |                    |
| 6PM     |                |         |                    |           |             |           | MEDITATION + SOUND |
| 6.30PM  | YIN + REIKI    |         | MEDITATION + SOUND |           |             |           |                    |