MONDAY

6AM - MAT PILATES
9.30AM - VINYASA
5.30PM - MAT PILATES
6.30PM - YIN

TUESDAY

9.30AM - YIN
5.30PM - VINYASA

WEDNESDAY

4.30PM - VINYASA
5.30PM - YIN
6.30PM - MEDITATION
+ SOUND

THURSDAY

9AM - HATHA
5.30PM - SLOW FLOW

FRIDAY

7AM - SLOW FLOW
12.15PM - HATHA
4.15PM - PREGNANCY YOGA
5.30PM - YIN

SATURDAY

9.15AM - SLOW FLOW

SUNDAY

9AM - VINAYSA
5PM - YIN
6PM - MEDITATION
+ SOUND

