



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>06:15 - 07:00</b> DETOX FLOW**	<b>06:00 - 07:00</b> ASHTANGA FUNDAMENTALS	<b>06:15 - 07:00</b> VINYASA YOGA*	<b>06:00 - 08:00</b> ASHTANGA MYSORE	<b>06:15 - 07:00</b> YOGA SCULPT*	<b>07:45 - 08:45</b> DETOX FLOW**	<b>09:00 - 10:00</b> VINYASA YOGA*
<b>09:30 - 10:30</b> VINYASA YOGA*	<b>09:30 - 11:00</b> MINDFUL FLOW	<b>09:30 - 10:30</b> FLOW & RESTORE	<b>09:30 - 10:30</b> VINYASA YOGA*	<b>07:30 - 08:15</b> BARRE	<b>09:00 - 10:00</b> DETOX FLOW**	<b>09:15 - 10:15</b> BARRE
<b>11:00 - 12:15</b> PRE-NATAL YOGA ∞	<b>12:30 - 13:30</b> PILATES	<b>12:30 - 13:15</b> BARRE	<b>12:30 - 13:30</b> PILATES	<b>09:30 - 11:00</b> MINDFUL FLOW	<b>10:30 - 11:30</b> VINYASA YOGA*	<b>10:30 - 11:30</b> FLOW & RESTORE
<b>12:30 - 13:15</b> BARRE	<b>18:00 - 19:00</b> VINYASA YOGA*	<b>18:00 - 19:00</b> ROCKET	<b>18:00 - 19:00</b> CANDLELIT RESTORATIVE ∞	<b>11:30 - 12:30</b> PILATES	<i>See website for workshops, courses and events</i>	<i>See website for workshops, courses and events</i>
<b>18:00 - 19:00</b> VINYASA YOGA*	<b>19:30 - 20:30</b> DETOX FLOW**	<b>18:15 - 19:15</b> BARRE	<b>19:30 - 20:30</b> VINYASA YOGA*	<b>15:15 - 16:15</b> YOGA FOR SENIORS	<b>17:00 - 18:00</b> CANDLELIT	<b>17:00 - 18:00</b> CANDLELIT
<b>19:30 - 20:30</b> FLOW & RESTORE	<b>19:30 - 20:45</b> PRE-NATAL YOGA ∞	<b>19:30 - 20:30</b> YIN DEEP STRETCH	<b>19:30 - 20:45</b> PRE-NATAL YOGA ∞	<b>18:00 - 19:00</b> FLOW & RESTORE	<b>17:00 - 18:00</b> STRETCH & RESTORE	<b>17:00 - 18:00</b> STRETCH & RESTORE

*See website for  
Friday night series*

KEY

- \* WARM | 26°C
- \*\* HOT | 32°C
- ∞ PRE-NATAL