



<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> HOT FLOW**	<b>09:30 - 11:00</b> MINDFUL FLOW	<b>06:15 - 07:00</b> VINYASA*	<b>09:30 - 10:30</b> VINYASA*	<b>06:15 - 07:00</b> YOGA SCULPT*	<b>07:45 - 08:45</b> HOT FLOW**	<b>07:45 - 08:45</b> VINYASA*
<b>09:30 - 10:30</b> VINYASA*	<b>12:30 - 13:30</b> DYNAMIC PILATES	<b>09:30 - 10:30</b> FLOW & RESTORE	<b>09:30 - 10:30</b> BARRE	<b>07:30 - 08:15</b> BARRE	<b>08:00 - 09:00</b> BARRE	<b>09:00 - 10:00</b> VINYASA*
<b>11:00 - 12:15</b> PRE-NATAL YOGA∞	<b>18:00 - 19:00</b> VINYASA YOGA*	<b>09:30 - 10:30</b> GENTLE PILATES	<b>11:00 - 12:00</b> VINYASA*	<b>09:30 - 11:00</b> MINDFUL FLOW	<b>09:00 - 10:00</b> HOT FLOW**	<b>09:15 - 10:15</b> BARRE
<b>12:45 - 13:45</b> BARRE	<b>18:15 - 19:15</b> BARRE	<b>18:00 - 19:00</b> VINYASA*	<b>12:30 - 13:30</b> DYNAMIC PILATES	<b>11:00 - 12:00</b> HATHA	<b>10:30 - 11:30</b> VINYASA*	<b>10:30 - 11:30</b> FLOW & RESTORE
<b>18:00 - 19:00</b> VINYASA*	<b>19:30 - 20:30</b> HOT FLOW**	<b>19:30 - 20:30</b> CANDELIT YIN	<b>18:00 - 19:00</b> CANDELIT RESTORATIVE ∞	<b>11:30 - 12:30</b> GENTLE PILATES	<b>10:45 - 11:45</b> HATHA	<b>17:00 - 18:00</b> CANDELIT YIN
<b>19:30 - 20:30</b> FLOW & RESTORE	<b>19:30 - 20:45</b> PRE-NATAL YOGA∞	<b>19:45 - 20:45</b> DYNAMIC PILATES	<b>18:15 - 19:15</b> HATHA	<b>18:00 - 19:00</b> CANDELIT YIN		
<b>19:45 - 20:45</b> HATHA			<b>19:30 - 20:30</b> VINYASA*	<b>19:15 - 20:00</b> YOGA NIDRA∞		

KEY

\* WARM | 26°C

\*\* HOT | 32°C

∞ PRE-NATAL