

STUDIO SCHEDULE

MONDAY :	09:30 - 10:30 09:45 - 10:45 12:00 - 13:00 18:15 - 19:15 19:30 - 20:30	VINYASA GENTLE YOGA VINYASA ALIGNMENT YOGA POWER YOGA	THURSDAY :	09:30 - 10:30 09:45 - 10:45 12:00 - 13:00 17:30 - 18:30 18:15 - 19:15 18:45 - 19:45 19:30 - 20:30	TAI CHI YOGA VINYASA CHAIR YOGA FUNCTIONAL FLOW GENTLE YOGA ASHTANGA FOR BEGINNERS YIN YOGA
TUESDAY :	09:30 - 10:30 09:45 - 10:45 12:00 - 12:45 17:45 - 18:30 18:15 - 19:00 18:45 - 19:45 19:30 - 20:30	VINYASA & KRIYA VINYASA YOGA FOR RUNNERS QIGONG & MEDITATION MYOMOBILITY VIN TO YIN BEGINNERS FLOW	FRIDAY :	09:30 - 10:30 09:45 - 10:45 11:15 - 12:15 18:45 - 19:45	VINYASA MORNING YOGA GENTLE YOGA & SOUND YIN YOGA
WEDNESDAY :	09:45 - 10:45 12:00 - 12:45 17:45 - 18:30 18:15 - 19:15 18:45 - 19:45 19:30 - 20:30	DYNAMIC VINYASA VINYASA GENTLE YOGA & SOUND VINYASA ASHTANGA VINYASA RESTORATIVE YOGA	SATURDAY :	08:30 - 09:30 09:45 - 10:45 10:15 - 11:15	MORNING YOGA ENERGIZING FLOW ASHTANGA FOR BEGINNERS
			SUNDAY :	08:30 - 09:30 09:00 - 10:00 09:45 - 10:45 10:15 - 11:15	MORNING YOGA STRENGTH & FLEXIBILITY ELEMENTAL FLOW RESTORATIVE YOGA