

# STUDIO SCHEDULE

**MONDAY :**  
09:45 - 10:45  
12:00 - 13:00  
18:15 - 19:15  
19:30 - 20:30

GENTLE YOGA  
VINYASA  
ALIGNMENT YOGA  
POWER YOGA

**TUESDAY :**  
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  
STRENGTH & FLEXIBILITY  
QIGONG & MEDITATION  
MYOMOBILITY  
CHAIR YOGA  
BEGINNERS FLOW

**WEDNESDAY :**  
09:45 - 10:45  
12:00 - 12:45  
18:15 - 19:15  
18:45 - 19:45  
19:30 - 20:30

DYNAMIC VINYASA  
MYOMOBILITY  
VINYASA  
ASHTANGA VINYASA  
RESTORATIVE YOGA

**THURSDAY :**  
09:45 - 10:45  
12:00 - 13:00  
17:30 - 18:30  
18:15 - 19:15  
18:45 - 19:45  
19:30 - 20:30

VINYASA  
VINYASA & KRIYA  
BEGINNERS YOGA  
GENTLE YOGA  
ASHTANGA FOR BEGINNERS  
YIN YOGA

**FRIDAY :**  
09:45 - 10:45  
11:00 - 11:45  
18:45 - 19:45

MORNING YOGA  
CORE FLOW YOGA  
YIN YOGA

**SATURDAY :**  
08:30 - 09:30  
09:00 - 10:00  
09:45 - 10:45  
10:15 - 11:15

MORNING YOGA  
VINYASA  
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