

# STUDIO SCHEDULE

## MONDAY :

12:00 - 13:00  
18:15 - 19:15  
19:30 - 20:30

VINYASA  
CHAIR YOGA  
POWER YOGA

## TUESDAY :

09:45 - 10:45  
11:00 - 12:00  
17:15 - 18:15  
18:30 - 19:15  
19:30 - 20:30

VINYASA  
STRENGTH & FLEXIBILITY  
POWER YOGA  
STRETCH & RECOVERY  
BEGINNERS FLOW

## WEDNESDAY :

11:00 - 12:00  
17:00 - 18:00  
18:15 - 19:15  
19:30 - 20:30

MORNING YOGA  
CORE STABILITY & BALANCE  
ASHTANGA VINYASA  
RESTORATIVE YOGA

## THURSDAY :

09:45 - 10:45  
18:15 - 19:15  
19:30 - 20:30

VINYASA  
GENTLE YOGA  
BEGINNERS YOGA

## FRIDAY :

09:45 - 10:45  
11:00 - 12:00  
18:30 - 19:30

MORNING YOGA  
CORE STABILITY & BALANCE  
YIN YOGA

## SATURDAY :

08:30 - 09:30  
09:45 - 10:45  
11:00 - 12:00

MORNING YOGA  
ENERGIZING FLOW  
ASHTANGA FOR BEGINNERS

## SUNDAY :

08:30 - 09:30  
09:45 - 10:45  
11:00 - 12:00

MORNING YOGA  
STRENGTH & FLEXIBILITY  
RESTORATIVE YOGA