

CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 - 08.00 DHARMA Michael	07.00 - 08.00 DYNAMIC VINYASA Leah	07.00 - 08.00 VINYASA Iris	07.00 - 08.00 DYNAMIC VINYASA Leah	07.00 - 08.00 DHARMA Michael		
			08.00 - 09.00 MAT PILATES Jenny	08.15 - 09.00 VINYASA Jenny		09.00 - 09.50 BARRE Simran
09.30 - 10.30 HOT VINYASA Mahalia		12.00 - 12.45 BARRE Simran	09.30 - 11.00 PRO CONTEMPORARY Nicola	09.15 - 10.00 SOUNDBATH + YIN Jenny	09.30 - 10.30 PREGNANCY YOGA Molly	10.00 - 11.00 ASHTANGA Leah
12.00 - 12.30 TRX CORE Anthony	12.00 - 12.45 BARRE Sjaan	12.30 - 13.15 TRX (BEGINNERS) Anthony	09.30 - 10.30 HOT VINYASA Jenny	12.00 - 13.00 VINYASA Sammy	10.00 - 11.00 POWER Charles	10.15 - 11.15 MAT PILATES Simran
12.00 - 12.45 VINYASA Charlie	13.00 - 14.00 HATHA Sammy	13.00 - 14.00 YOGA FOR STRESS RELIEF Bella	12.00 - 13.00 PRANA MANDALA Charles	12.30 - 13.30 TRX FUNCTIONAL Anthony	11.30 - 12.30 HOT YIN & YANG Marina	11.15 - 12.15 INVERSIONS Leah
12.45 - 13.30 TRX Anthony	15.00 - 16.00 COMMUNITY YOGA Aurime	15.00 - 16.00 COMMUNITY YOGA Necla	15.00 - 16.00 CHAKRA & MANTRA COMMUNITY YOGA Sandhiya	14.00 - 15.00 COMMUNITY YOGA Faysal		11.30 - 12.45 DHARMA Michael
13.30 - 14.30 COMMUNITY CHAIR YOGA Bella	16.30 - 17.30 KIDS YOGA Jennifer			17.00 - 18.00 INVERSIONS L1 + L2 Sam		
	17.00 - 17.45 BEGINNERS CONTEMPORARY Nicola	18.00 - 19.00 TRANSFORMATIONAL BREATHWORK Abbi	17.30 - 18.20 MAT PILATES Jenny	18.00 - 19.00 HOT YIN Bella		
18.00 - 19.00 BEGINNERS BREATHWORK Abbi	18.00 - 19.00 AERIAL Kimy	18.00 - 19.15 DHARMA Michael	18.00 - 19.00 HATHA YOGA Charles	18.00 - 19.00 ROCKET Sam		
18.00 - 18.50 MAT PILATES Cloud	18.00 - 19.00 YOGA FOR BEGINNERS Holly	18.10 - 19.00 TRX Anthony	18.00 - 19.00 KUNDALINI YOGA Thimela	18.00 - 19.00 SLOW FLOW Charlie		
18.00 - 19.00 IYENGAR - ADVANCE YOUR ASANA Priscila	18.00 - 19.00 VINYASA Charlie	19.10 - 20.00 TRX Anthony	18.35 - 19.35 AERIAL Bella	19.15 - 20.15 YOGA NIDRA Bella		
19.00 - 19.50 MAT PILATES Cloud	19.15 - 20.15 CANDLELIT YIN Charlie	19.15 - 20.00 RESTORATIVE Priscila	19.15 - 20.15 CANDLELIT YIN Charles	19.15 - 20.15 CANDLELIT YIN Charlie		
19.30 - 20.30 HOT VINYASA Eva	19.15 - 20.15 AERIAL YIN Kimmy	19.30 - 20.30 VINYASA Charlie				
			ALTERNATING WEEKLY			
19.30 - 20.30 YOGA FOR MEN Dan	19.30 - 20.30 HOT SLOW FLOW Eva	19.30 - 20.20 PILATES Sjaan	19.30 KIRTAN Lisa			
			20.00 MOON CIRCLE Symone			

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SOUND BATH SUNDAYS

Alternating with different sound artists who all have their own unique sound medicine.

Nikita - 19.30 - 20.30
The Sound Shift - 20.00 - 21.00
Unity Healing - 19.30 - 20.30