

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 12	APRIL 13	APRIL 14	APRIL 15	APRIL 16	APRIL 17	APRIL 18



**9am  
Power Flow**

**10am  
Slow Flow**

**10am  
Vinyasa Flow**

**11:30am  
Mom & Baby  
Post Natal Yoga  
(pre-registered)**

**5:15pm  
Vinyasa Flow**

**5:15pm  
Restorative/Yin  
Fusion**

**6pm  
Slow Flow**

**6pm  
Slow Flow**

**6:30pm  
Yoga for  
Beginners II  
(pre-registered)**

**7:30pm  
Broga, Yoga for  
Men**

**8pm  
Vinyasa Flow**

**8pm  
Slow Flow**

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