



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL 5

APRIL 6

APRIL 7

APRIL 8

APRIL 9

APRIL 10

APRIL 11

9am
Vinyasa Flow

9am
Vinyasa Flow

9am
Power Flow

10am
Slow Flow

10am
Slow Flow

10am
Vinyasa Flow

10:15am
Restorative/Yin
Fusion

10:15am
Slow Flow

10am-1pm
Rose Refillery
Pop Up - ALL
Welcome

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

5:15pm
Vinyasa Flow

5:15pm
Restorative/Yin
Fusion

6pm
Slow Flow

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

6:30pm
Prenatal Yoga
(pre-registered)

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

7:30pm
Broga, Yoga for
Men

8pm
Vinyasa Flow

8pm
Slow Flow

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