



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DEC 8

DEC 9

DEC 10

DEC 11

DEC 12

DEC 13

DEC 14

8:30am  
Power Flow

9:45am  
Vinyasa Flow

10am  
Slow Flow

10am  
Vinyasa Flow

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

5pm  
Vinyasa Flow

6pm  
Slow Flow

6:15pm  
Slow Flow

6:30pm  
Led Ashtanga  
Primary Series  
(pre-registered)

6:30pm  
Restorative/Yin  
Fusion

7:30pm  
Broga, Yoga for  
Men

8pm  
Vinyasa Flow

8pm  
Slow Flow

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