



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEB 2

FEB 3

FEB 4

FEB 5

FEB 6

FEB 7

FEB 8

9am  
Vinyasa Flow

9am  
Power Flow

10am  
Slow Flow

10am  
Slow Flow

10am  
Vinyasa Flow

10:15am  
Restorative/Yin  
Fusion

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

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

5:15pm  
Vinyasa Flow

5:15pm  
Restorative/Yin  
Fusion

6pm  
Slow Flow

6pm  
Led Ashtanga  
Primary Series  
(pre-registered)

6pm  
Slow Flow

6:30pm  
Prenatal Yoga  
(pre-registered)

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

7:30pm  
Broga, Yoga for  
Men

8pm  
Vinyasa Flow

8pm  
Slow Flow

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