



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEB 23

FEB 24

FEB 25

FEB 26

FEB 27

FEB 28

FEB 29

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

7:30pm  
Broga, Yoga for  
Men

8pm  
Vinyasa Flow

8pm  
Slow Flow

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