



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAR 15

MAR 16

MAR 17

MAR 18

MAR 19

MAR 20

MAR 21

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)

1pm  
Arm Balance  
and Inversion  
Workshop

5:15pm  
Vinyasa Flow

5:15pm  
Restorative/Yin  
Fusion

6pm  
Slow Flow

6pm  
Slow Flow

6:30pm  
Prenatal Yoga  
(pre-registered)

7:30pm  
Broga, Yoga for  
Men

8pm  
Vinyasa Flow

8pm  
Slow Flow

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