



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAR 29

MAR 30

MAR 31

APRIL 1

APRIL 2

APRIL 3

APRIL 4

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
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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