



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOV 22

NOV 23

NOV 24

NOV 25

NOV 26

NOV 27

NOV 28

9am
Power Flow

10am
Slow Flow

10am
Slow Flow

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

12pm
Slow Flow

6pm
Restorative/Yin
Fusion

6:30pm
Slow Flow

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

7:30pm
Broga, Yoga for
Men

7:30pm
Vinyasa Flow

8pm
Broga, Yoga for
Men

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