



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOV 29

NOV 30

DEC 1

DEC 2

DEC 3

DEC 4

DEC 5

9am  
Vinyasa Flow

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  
Slow Flow

7:30pm  
Broga, Yoga for  
Men

7:30pm  
Vinyasa Flow

8pm  
Broga, Yoga for  
Men

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