



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

OCT 20 OCT 21 OCT 22 OCT 23 OCT 24 OCT 25 OCT 26

**8:30am**  
**Power Flow**

**9am**  
**Vinyasa Flow**

**9:45am**  
**Vinyasa Flow**

**10am**  
**Slow Flow**

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

**5pm**  
**Vinyasa Flow**

**5pm**  
**Slow Flow**

**6pm**  
**Slow Flow**

**6:15pm**  
**Slow Flow**

**6:30pm**  
**Led Ashtanga**  
**Primary Series**  
**(pre-registered)**

**6:30pm**  
**Prenatal Yoga**  
**(pre-registered)**

**7:30pm**  
**Broga, Yoga for**  
**Men**

**8pm**  
**Vinyasa Flow**

**8pm**  
**Slow Flow**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY