

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCT 27

OCT 28

OCT 29

OCT 30

OCT 31

NOV 1

NOV 2

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)

7:30pm
Broga, Yoga for
Men

8pm
Vinyasa Flow



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY