



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPT 22

SEPT 23

SEPT 24

SEPT 25

SEPT 26

SEPT 27

SEPT 28

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

6pm  
Slow Flow

6:15pm  
Slow Flow

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

6:30pm  
Prenatal Yoga  
(pre-registered)

7:30pm  
Broga, Yoga for  
Men

8pm  
Vinyasa Flow

8pm  
Slow Flow

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