



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SEPT 29 SEPT 30 OCT 1 OCT 2 OCT 3 OCT 4 OCT 5

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

6:15pm
Power Flow

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

6:30pm
Prenatal Yoga
(pre-registered)

7:30pm
Broga, Yoga for
Men

7:30pm
Partner Yoga
Class (pre-
registered)

8pm
Vinyasa Flow

8pm
Slow Flow

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