



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEB 24

FEB 25

FEB 26

FEB 27

FEB 28

MAR 1

MAR 2

9am
Power Flow

10am
Slow Flow

10am
Vinyasa Flow

10:15am
Vinyasa Flow

11:30am
Mom & Baby
Post Natal Yoga
(pre-registered)

11:30am
Mom & Baby
Post Natal Yoga
(pre-registered)

5pm
Vinyasa Flow

5:45pm
Restorative/Yin
Fusion

6:15pm
Slow Flow

6pm
Slow Flow

6pm
Led Ashtanga
Primary Series
(pre-registered)

6pm
Slow Flow

7pm
Yang & Yin

7pm
Led Ashtanga
Primary Series
(pre-registered)

7:30pm
Broga, Yoga for
Men

7:30pm
Vinyasa Flow

7:45pm
Slow Flow

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