



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEB 3

FEB 4

FEB 5

FEB 6

FEB 7

FEB 8

FEB 9

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
Yoga for
Beginners II
(pre-registered)

6pm
Led Ashtanga
Primary Series
(pre-registered)

6pm
Slow Flow

7pm
Led Ashtanga
Primary Series
(pre-registered)

7:30pm
Broga, Yoga for
Men

7:30pm
Vinyasa Flow

7:45pm
Slow Flow

7:30pm
Prenatal Yoga
(pre-registered)

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