



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MAR 3 MAR 4 MAR 5 MAR 6 MAR 7 MAR 8 MAR 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  
Slow Flow

6pm  
Led Ashtanga  
Primary Series  
(pre-registered)

6pm  
Slow Flow

7pm  
Yang & Yin

7pm  
Power Flow

7:30pm  
Broga, Yoga for  
Men

7:30pm  
Vinyasa Flow

7:45pm  
Slow Flow

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