



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAN 13

JAN 14

JAN 15

JAN 16

JAN 17

JAN 18

JAN 19

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  
Absolute  
Beginners (pre-  
registered)

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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