

STUDIO SCHEDULE

MONDAY

6:30PM	HOT YOGA
6:45PM	MANDALA FLOW
8:00PM	BEGINNERS YOGA COURSE (NON-HEATED)*
8:00PM	WARM YIN AND RELAXATION

TUESDAY

10:30AM	BABY YOGA
12:00PM	BABY MASSAGE
12:30PM	FOUNDATIONS YOGA
6:30PM	HOT YOGA
6:45PM	YOGA FLOW
8:00PM	BEGINNER HOT YOGA COURSE*

WEDNESDAY

6:30PM	HOT YOGA
6:45PM	ASHTANGA
8:00PM	PREGNANCY YOGA COURSE*

THURSDAY

6:30PM	HOT YOGA
6:30PM	RCOKET YOGA (70MINS)

FRIDAY

10:00AM	HOT YOGA
6:30PM	HOT YOGA

SATURDAY

10:00AM	HOT YOGA
11:30AM	WORKSHOPS AND EVENTS

SUNDAY

10:00AM	HOT YOGA
5:00PM	HOT YOGA

*PLEASE CONTACT THE STUDIO FOR BOOKING OR VISIT OUR COURSES PAGE ONLINE