

temporary timetable

19.03.20



3063 2050



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	MON	TUE	WED	THU	FRI	SAT	SUN
5.50 am	YOGA FOR MOBILITY	POWER YOGA	POWER YOGA	YIN YOGA	POWER YOGA	7 AM	7 AM
7 am		AERIAL FLOW *				POWER YOGA	POWER YOGA
						8.15 AM	8.15 AM
						AERIAL FITNESS	AERIAL FLOW
9.30 am	POWER YOGA		AERIAL FLOW	VINYIN	POWER YOGA		
12.15 pm				COMMUNITY YOGA *			
						3.30 PM	4 PM
						AERIAL FLOW & RESTORE	POWER YOGA
4.30 pm	ALL LEVELS AERIAL FLOW **		POWER YOGA **		5 PM AERIAL FLOW *	90 MINS	5.15 PM YIN YOGA
					6 PM 30 MINS COMMUNITY MEDITATION		75 MINS
5.30 pm	POWER YOGA	AERIAL FITNESS	AERIAL PLAY L2	POWER YOGA		* 45 MINS	** 50 MINS
						OTHERS 60 MINS	
6.45 pm	POWER YOGA	POWER YOGA	POWER YOGA	AERIAL FLOW L2	COMMUNITY CARES PARTNER		
8 pm	YIN YOGA				MICAH PROJECTS INC		
					Breaking Social Isolation Building Community		