

SUMMER TIMETABLE



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NEW CLASSES START NOVEMBER 15 2021

TIMETABLE SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI	SAT	SUN
6.00 AM POWER VINYASA CARLY	6.00 AM HOT POWER VINYASA EMILY	6.00 AM ★ VINYASA FLOW CARLA	6.00 AM ★ YIN YOGA ROZ	6.00 AM HOT POWER VINYASA CHRYSTAL		
	7.15 AM AERIAL FITNESS LAUREN	7.15 AM AERIAL FLOW CARLY ★	7.15 AM AERIAL FLOW LAUREN ★		7.00 AM POWER VINYASA CARLA	7.30 AM HOT POWER VINYASA MATHILDE
					8.15 AM AERIAL FITNESS CAM	8.45 AM AERIAL PLAY 2 LAUREN
9.15 AM ★ VINYASA FLOW MATHILDE	9.15 AM AERIAL FLOW NIRVANA ★	9.15 AM AERIAL RESTORATIVE RACHAEL	9.15 AM VIN / YIN YOGA EMMA ★	9.15 AM AERIAL FLOW 1 LAUREN	9.15 AM AERIAL FLOW 2 CAM	9.45 AM AERIAL FLOW LAUREN ★
					10.15 AM AERIAL FLOW 1 RACHAEL	10.45 AM AERIAL PLAY 2 LAUREN
		12.00 PM COMMUNITY YOGA			11.15 AM ★ AERIAL BASICS RACHAEL	
4.30 PM AERIAL FLOW CAM ★	4.30 PM ★ VIN / YIN YOGA EMMA	4.30 PM AERIAL PILATES ALBINA	4.30 PM AERIAL FLOW RACHAEL ★	4.30 PM VINYASA FLOW CARLY ★		4.00 PM POWER VINYASA LEI-ISSA
5.30 PM POWER VINYASA HUONG	5.30 PM AERIAL PLAY 2 ALBINA	5.30 PM POWER VINYASA CARLA	5.30 PM HOT POWER VINYASA CHRYSTAL	5.45 PM ★ AERIAL FLOW CARLY		5.20 PM YIN YOGA LEI-ISSA ★
6.45 PM YIN YOGA RACHAEL ★	6.45 PM HOT POWER VINYASA ASH	6.45 PM AERIAL FLOW 1 CAM	6.45 PM AERIAL FLOW 2 RACHAEL	<p>Scan here for a digital copy!</p>		
8.00 PM AERIAL RESTORATIVE RACHAEL		8.00 PM AERIAL PLAY 2 LAUREN	8.00 PM AERIAL RESTORATIVE RACHAEL			

Aerial Yoga

★ AERIAL
FIRST CLASS OPTION

Floor Yoga

★ YOGA
FIRST CLASS OPTION