

SUMMER TIMETABLE

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 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