



YogaOne - April Schedule (Starts from 14th)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEGEND
7am								BEGINNER <span style="float:right">New</span> Yogi? Fancy a Gentle Flow? This is your class!
8am								MIX LEVEL GO YOGI! You can do this one.
9am		8:30am - Yin & Yang Ladies Only-90min ( Laylee)	8:30am - Ashtanga Vinyasa 90min (Sahar)	*8:30am - Fit Flow (45min) Ladies Only - (Jay)				INTERMEDIATE Have you been on your mat for a while? This is your class, Namaste!
10am	9:15am - Gentle Flow 60min (Kat)	10:15am - Mat Pilates 60min (Shruti)	10:15am -Deep Stretching 75min (Sarah)	9:15am - Gentle Flow 75min (Kat)	9:15am - Hot Hatha 75min (Sara)	9:15am - Power Vinyasa 1.5 75min (Mina)	9:15am - Hot Flow 75min (Sahar)	ADVANCE Hey PRO! Craving for a full on class?
11am	10:30am - BDK Yoga for Mobility 75min (Mina )			10:30am -Power Vinyasa 2 90min (Mina)	10:30am - Core Flow 60min (Laylee)		*11am -Deep Stretching 60min (Laylee)	ANTIGRAVITY Booking only
12pm								KIDS PROGRAM
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PRE NATAL
5pm	5pm -Warm Yin 75min (Michelle)	4:30 PM KIDS KARATE	4PM (AGE 4-7) KIDS YOGA	5pm -Antigravity Ladies Only-60min (Mina)			*4pm -Prenatal Elli (60min)	*NEW CLASSES
6pm		5:30pm - Core Flow Ladies Only-60min (Mina)	4:30PM (AGE 8 &UP) 5:30pm - Yoga Fundamentals 60min (Sara)	*5:30pm - Mat Pilates 60min (Shruti)	5:30pm - Gentle Flow Ladies Only-60min (Elli)		5pm - Power Vinyasa 1.5 75min (Jay)	
7pm	6:45pm - Hot Hatha 75min (Sarah)	6:45pm - Power Vinyasa 1.5 75min (Sahar)	6:45pm - Hot Flow 60min (Mina)	6:45pm - Power Vinyasa 1.5 75min (Jay)	6:45pm - Hot Flow 60min (Jay)		6:30pm - Yin & Meditation Candle lit - 75min (Kosta)	
8pm	*7pm -Antigravity 70min - Booking Only (Megan)	7:30pm -Restorative Candle lit - 75min (Sarah)	7:30pm - Yin & Yang 75 min (Jay)	7:30pm - Hot Hatha 75min (Sahar)				
9pm								