



YogaOne -2019 Ramadan Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEGEND
7am				6:15am - Ft Flow 45min (Jay)				BEGINNER New Yogi? Fancy a Gentle Flow? This is your class!
8am								MIX LEVEL GO YOGI! You can do this one.
9am		9am - Yin & Yang	9am - Ashtanga Vinyasa					INTERMEDIATE Have you been on your mat for a while? This is your class, Namaste!
10am	9:15am - Gentle Flow 60min (Kat)	Ladies Only-90min (Laylee)	90min (Sahar)	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 - Power Vinyasa 1.5 75min (Mina)	10:30am -Mat Pilates 60min (Shrut)	10:30am -Deep Stretching 75min (Sarah)	10:30am -Power Vinyasa 2 90min (Mina)	10:30am - Core Flow 60min (Laylee)	11am - Gentle Flow 75min (Sarah)	11am -Deep Stretching 60min (Laylee)	Antigravity *Booking only
12pm								
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5pm	5pm - Yin & Yoga Nidra 75min (Michelle)			*5pm -Antigravity Ladies Only-60min (Mina)			4pm - Prenatal 75min (Eli)	
6pm	Ramadan special 12th & 19th 6:45pm - Hot Hatha 75min (Sarah)	5:30pm - Core Flow Ladies Only-60min (Mina)	5:30pm - Yoga Fundamentals 60min (Sara)	5:30pm -Mat Pilates 60min (Shrut)	5:30pm - Gentle Flow Ladies Only-60min (Eli)		5pm - Power Vinyasa 1.5 75min (Jay)	
7pm	*7pm -Antigravity 70min - Booking Only (Mecan)	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		7:30pm -Restorative Candle lit - 75min (Sarah)	7:30pm - Yin & Yang 75min (Jay)	7:30pm - Hot Hatha 75min (Sahar)				
9pm								