



YogaOne Schedule - November 10th-30th 2020

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEGEND
7am								<b>BEGINNER</b> Ideal if you are new to yoga or looking for a gentler practice <b>MIXED LEVEL</b> Lots of options to suit any level of practice <b>INTERMEDIATE</b> Perfect if you have a regular practice <b>AERIAL YOGA</b> Take your practice off the mat! <b>STRENGTH + YOGA CONDITIONING</b> Suitable for all levels <b>PRENATAL</b> 5-week program All classes must be booked during initial phase of reopening - walk-ins not allowed
8am					*7:30am - Power Vinyasa 1.5 60min (Laylee) -Virtual/ Studio			
9am	*9am - Power Vinyasa 1.5 90min (Sylvia) - Virtual/Studio	*8:30am - Yin & Yang 90 min (Laylee) Virtual/Studio	*8:30am - Deep & Slow Flow 90min (Mina) - Virtual/Studio	9am - Hot Flow 60 min (Jay)	9am - Hot Hatha 75 75min (Sara)		*9am - Power Vinyasa 1.5 60 min (Laylee) -Virtual/Studio	
10am				10am - Aerial FIT 60min (Laylee)			*9:15am - Power Vinyasa 1.5 75min (Mina) - Virtual/Studio	
11am	*11am - Gentle Flow 60 min (Jay) Virtual/Studio	10:30am - Fit Flow 60min (Jay)	10:30am - Core Vinyasa 60min (Sarah)	*11am - Gentle Flow 60min (Sarah) - Virtual/Studio	11am - Deep Stretching 75min (Sarah)	11am - Gentle Flow 60min (Kosta)	*10:30am - Hot Hatha 75 75min (Jay) - Virtual/Studio	
12am							11:15am - Aerial Flow Ladies Ony - 60min (Megan)	
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4pm		4:30pm - Pilates Ladies Only - 60min (Madina)						
5pm		5:15pm - Hot Hatha 60 Ladies Only - 60min (Sarah)	5pm - Yin & Sound Healing Mediation Ladies Only - 70min (Madina)	5:30pm - Aerial Flow Ladies Only - 60min (Mina)	5pm - Core Vinyasa 60min (Megan)		5pm - Ashtanga 75min (Sylvia)	
6pm	5:30pm - Aerial FIT Ladies Ony - 60min (Laylee)		*6pm - Power Vinyasa 1 60min (Sara) - Virtual/Studio		6pm - Hot Flow 60 min (Kosta)		*6:30pm - Yin & Restore 75 min (Kosta) - Virtual/Studio	
7pm	6:30pm - Hot Hatha 75 75min (Sara)	*6:45pm - Power Vinyasa 1.5 75min (Mina) - Virtual/Studio	6:45pm - Hot Flow 75min (Laylee)	6:45pm - Power Vinyasa 2 90min (Sylvia)				
8pm	7:15pm - Deep Stretching 60min (Laylee)	7:15pm -Aerial Flow Intermediate - 70min (Megan)		7:15pm - Yin & Restore 60min (Mina)				
9pm								