



## YogaOne Schedule - January

	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  <span style="background-color: #add8e6; padding: 2px;">MIXED LEVEL</span> Lots of options to suit any level of practice  <span style="background-color: #90ee90; padding: 2px;">INTERMEDIATE</span> Challenge yourself if you already have a regular practice  <span style="background-color: #483d8b; padding: 2px;">STRENGTH + CONDITIONING</span> Build strength and fitness through yoga, suitable for all levels  <span style="background-color: #ffcc99; padding: 2px;">AERIAL YOGA</span> Take your practice off the mat and fly high  <span style="background-color: #d8bfd8; padding: 2px;">PRENATAL YOGA</span> This 5-week program is designed for expectant mothers  <span style="background-color: #003366; padding: 2px;">JANUARY SPECIAL</span> 4-Week Program exploring fundamental poses to give you a solid yoga foundation  <span style="background-color: #ffff00; padding: 2px;">KIDS CLASSES</span> Keep your kids healthy and active! Ages 7-12 years old  All classes must be pre-booked during this initial phase of re-opening; walk-ins not allowed at this time
8am					7:30am - Power Vinyasa 1.5 60min (Laylee)			
9am	9am - Power Vinyasa 1.5 90min (Sylvia)	8:30am - Yin & Yang 90 min (Laylee)	8:30am - Deep & Slow Flow 90min (Mina)	9am - Hot Flow 60 min (Jay)	9am - Hot Hatha 75 75min (Sara)	9:15am - Power Vinyasa 1.5 75min (Mina)	9am - Power Vinyasa 1.5 75 min (Laylee)	
10am		10:30am - Fit Flow 60min (Jay)	10:30am - Yoga Fundamentals 60min (Sarah)	10am - Aerial FIT 60min (Laylee)			10:30am - Hot Hatha 75 75min (Jay)	
11am	11am - Gentle Flow 60 min (Jay)			11am - Gentle Flow 60min (Sarah)	11am - Deep Stretching 60min (Sarah)	11am - Gentle Flow 60min (Kosta)	11:15am - Aerial Flow Ladies Ony - 60min (Megan)	
12pm							12:15pm - Prenatal 60min (Elli) - Until Feb 6th	
PM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4pm	4:30pm - Pilates Ladies Only - 60min (Madina)	4:15pm Kids Yoga 45 min (Rosa)	4:30pm - Yin & Sound Bath Ladies Only - 60min (Madina)	4:15pm Kids Gymnastics 45 min (Sylvia)				
5pm	5:30pm - Aerial FIT Ladies Ony - 60min (Laylee)	5:30pm - Gentle Flow 60min (Sue)	5:30pm - Power Vinyasa 1.5 60min (Sara)	5:30pm - Aerial Flow Ladies Only - 60min (Mina)	5pm Hot Hatha 60 60min (Megan)		5pm - Ashtanga Vinyasa 75min (Sylvia)	
6pm	6:30pm - Hot Hatha 75 75min (Sara)	6:45pm - Power Vinyasa 1.5 75min (Mina)	6:45pm - Hot Flow 75min (Laylee)	6:45pm - Power Vinyasa 2 90min (Sylvia)	6:30pm - Hot Flow 60 min (Kosta)		6:30pm - Yin & Restore Candle Lit 75 min (Kosta)	
7pm	7:15pm - Deep Stretching 60min (Laylee)	7:15pm - Aerial Flow Intermediate - 70min (Megan)		7:15pm - Yin & Restore Candle Lit 60min (Mina)				
8pm								



