



YogaOne Schedule - March

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | LEGEND |
|------|--|--|---|--|---|--|---|---|
| 7am | | | | | | | | BEGINNER Ideal if you are new to yoga or looking for a gentler practice <hr/> MIXED LEVEL Lots of options to suit any level of practice <hr/> INTERMEDIATE Challenge yourself if you already have a regular practice <hr/> STRENGTH + CONDITIONING Build strength and fitness through yoga, suitable for all levels <hr/> AERIAL YOGA Take your practice off the mat and fly high <hr/> MARCH SPECIAL Essentials of Arm Balances: Skills and drills to help you learn to fly and get your feet off the mat <hr/> KIDS CLASSES Keep your kids healthy and active! Ages 7-12 years old <hr/> All classes must be pre-booked during this initial phase of re-opening; walk-ins not allowed at this time |
| 8am | | | | | 7:30am - Arm Balances 60min (Laylee) | | | |
| 9am | 9am - Power Vinyasa 1.5 90min (Sylvia) | 8:30am - Yin & Yang 90 min (Laylee) | 8:30am - Deep & Slow Flow 80min (Mina) | 9am - Hot Flow 60 min (Jay) | 9am - Hot Hatha 75 75min (Sara) | 9:15am - Power Vinyasa 1.5 75min (Mina) | 9am - Arm Balances 75 min (Laylee) | |
| 10am | | 10:30am - Fit Flow 60min (Jay) | 10:30am - BDK Yoga 60min (Megan) | 10:15am - Aerial FIT 60min (Laylee) | | | 10:30am - Hot Hatha 75 75min (Jay) | |
| 11am | 11am - Gentle Flow 60 min (Jay) | | | 11am - Power Vinyasa 1 60min (Sue) | 11am - Deep Stretching 60min (Sue) | 11am - Gentle Flow 60min (Kosta) | 11:15am - Aerial Flow Ladies Ony - 60min (Megan) | |
| 12pm | | | | | | | | |
| PM | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| 4pm | 4:30pm - Pilates Ladies Only - 60min (Madina) | 4:15pm Kids Yoga 45 min (Rosa) until March 8th | 4:30pm - Yin & Sound Bath Ladies Only - 60min (Madina) | 4:15pm Kids Gymnastics 45 min (Sylvia) until March 3rd | 4:30pm - Yoga Nidra Ladies Only - 60min (Elli) | | | |
| 5pm | 5:30pm - Aerial FIT Ladies Ony - 60min (Laylee) | 5:30pm - Gentle Flow 60min (Sue) | 5:30pm - Power Vinyasa 1.5 60min (Sara) | 5pm Hot Hatha 60 Ladies Only - 60min (Mina) | 5pm - Core Vinyasa 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) | 5:30pm - Aerial Flow Ladies Only - 60min (Megan) | 6:30pm - Hot Flow 60min (Kosta) | | 6:30pm Yin & Restore Candlelit 75min (Kosta) | |
| 7pm | 7:15pm - Deep Stretching 60min (Laylee) | 7:15pm - Aerial Flow Intermediate - 70min (Megan) | | 90min (Sylvia) | | | | |
| 8pm | | | | | | | | |