

# SCHEDULE FROM MAY 2018

## MONDAY

06:15 – 08:30  
Mysore Style Ashtanga

18:00 – 19:30  
Hatha Flow & Restore

19:45 – 21:15  
Ashtanga Yoga

## TUESDAY

06:15 – 08:30  
Mysore Style Ashtanga

12:15 – 13:15  
Vinyasa Flow Yoga

18:00 – 19:30  
Beginners Vinyasa Yoga

19:45 – 20:45  
Yin Yoga

## WEDNESDAY

06:15 – 08:30  
Mysore Style Ashtanga

12:15 – 13:15  
Deep Hatha Flow Yoga

18:15 – 19:45  
Ashtanga Yoga

20:00 – 21:00  
Complete Beginners Yoga

## THURSDAY

06:15 – 08:30  
Mysore Style Ashtanga

12:15 – 13:15  
Vinyasa Flow Yoga

Reserved for Courses

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## FRIDAY

06:45 – 08:15  
Mysore Style – led

11:30 – 12:30  
Mums & Babies Yoga

13:00 – 14:00  
Pregnancy Yoga

18:15 – 19:15  
Deep Hatha Flow Yoga

19:30 – 20:30  
Restorative Yoga

## SATURDAY

10:00 – 11:00  
Complete Beginners Yoga





11:15 – 12:45  
Vinyasa & Alignment Yoga

13:00 – 14:30  
Ashtanga Yoga

## SUNDAY

10:00 – 11:00  
Pregnancy Yoga

11:30 – 13:00  
Vinyasa Yoga

morning yoga	
lunch time yoga	
early evening yoga	
evening yoga	

Please check our online schedule for any changes.

[WWW.YOGACREATION.CO.UK](http://WWW.YOGACREATION.CO.UK)