

SCHEDULE FROM JANUARY 2019

MONDAY

06:15 – 08:30
Mysore Style Ashtanga

18:00 – 19:30
Hatha Flow & Restore

19:45 – 20:45
Vinyasa 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

Lunch class starts
in autumn again

Reserved for Courses

Reserved for Courses

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.

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