

SCHEDULE FROM FEBRUARY 2020

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

18:15 – 19:15
Pregnancy Yoga

Beginners' courses
Go to our website for details

FRIDAY

06:45 – 08:15
Mysore Style – led

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





Afternoon: various workshops
Go to our website for details:
'Workshops & Courses'

SUNDAY

10:00 – 11:00
Pregnancy Yoga

11:30 – 13:00
Vinyasa Yoga

Afternoon: various workshops
Go to our website for details:
'Workshops & Courses'

morning yoga 
lunch time yoga 
early evening yoga 
evening yoga 

Please check our online schedule for any changes.

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