

Bodytree Studio YOGA SCHEDULE Ramadan

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
9:15am	Gentle Yoga 9:15-10:30am (Joelle)	Yoga Therapy and Alignment 9:15-10:30am (Joelle)	Power Wheel Flow 9-10am (Michelle)	Yin Inspired Yoga 9:15-10:30am (Joelle)	Power Flow Yoga 9:15 -10:30am (Mary)			<p>All classes are ladies only unless specified as mixed. Pre booking classes is encouraged to secure your spot. All classes are subject to change of instructor. If you have any questions about classes or times please call us on 02 443 4448 or 02 444 1118, or alternatively please email info@bodytreestudio.com.</p> <p>Green classes are ideal for beginners, all levels or students who prefer a gentler pace.</p> <p>Blue classes are recommended for intermediate students or minimum 6 months experience.</p>
10:30/10:45am		Pre Natal Yoga 10:30-11:45am (Helena)			Pre Natal Yoga 10:15-11:30am (Zita)			
11am/12pm					Mommy and Baby Yoga 11:45am-1pm (Zita)	Power Flow - Mixed 11am-12:30pm (Didier)	Osho Dance Meditation 11:30am-12:30pm (Madina) Tai Chi Beginner - Mixed 12:30-1:30pm (Grace)	
2pm							Tai Chi Intermediate - Mixed 2-3pm (Grace)	
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
4/4:30pm	Vinyasa Flow 4-5pm (Zita)		Pre Natal Yoga 4:30-5:30pm (Zita)	Vinyasa Flow 4-5pm (Zita)	Gentle Yoga - Mixed 4:30-5:30pm (Joelle)		Hatha Flow - Mixed 4:00-5:30pm (Carlos)	<p>Pink classes are for intermediate and advanced students only.</p>
			Ashtanga 4:30-5:30pm (Joelle)					
5/5:30pm	Slow Yoga Flow & Tibetan Singing Bowls Meditation 5:15-6:30pm (Neli)	Beginner Yoga - Mixed 5:30-6:30pm (Sara)	Yoga Therapy & Alignment - Mixed 5:30-6:30pm (Joelle)	Tai Chi Advanced - Mixed 5:15-6:45pm (Grace)			Beginner Yoga - Mixed 5:30-6:30pm (Carlos)	
			Creative Voice Activation 5:45-6:45pm (Sonia)					
7pm	Ashtanga 1.5 Combined Series - Mixed 7-8:30pm (Michelle)	Hatha Flow - Mixed 6:45-8pm (Joelle)	Power Vinyasa 7-8:15pm (Michelle)	Hatha Flow - Mixed 6:45-8pm (Joelle)				<p>Pre Natal yoga requires a note from your medical practitioner prior to commencing.</p>
		Vinyasa Flow - Mixed 7:30-8:45pm (Didier)						