

Bodytree Studio YOGA SCHEDULE September

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
7am		Ashtanga Express - Mixed First Class 16 Sep 7-8am (Joelle)						<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> <p>Pink classes are for intermediate and advanced students only.</p> <p>Pre Natal yoga requires a note from your medical practitioner prior to commencing.</p>
8:30/9am	Gentle Yoga 8:30-9:45am (Joelle)	Yoga Therapy and Alignment First Class 16 Sep 8:45-10:00am (Joelle)	Power Flow 8:45-10am (Mary)	Yin Inspired Yoga 8:45-10am (Joelle)	Power Flow 8:45-10am (Mary)			
10am		Pre Natal Yoga 10:15-11:30am (Zita)	Kundalini Yoga 10:30am-12pm (Madalena)		Pre Natal Yoga 10:15-11:30am (Zita)			
11am & onwards					Mommy and Baby Yoga 11:45am-1pm (Zita)	Power Yoga - Mixed 11am-12:30pm (Didier)	Power Yoga - Mixed 11am-12:15pm (Shahad)	
EVENING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2pm & onwards							Hatha Flow - Mixed 4:30-6pm (Didier)	
5pm & onwards	Vinyasa Flow 5-6:15pm (Zita)	Gentle Yoga 5:30-6:30pm (Joelle)	Ashtanga 5-6pm (Joelle)	Vinyasa Flow 5-6pm (Zita)	Gentle Yoga - Mixed 5-6pm (Timea)			
6pm & onwards	Yin Yoga 6:30-7:45pm (Zita)	Hatha Flow - Mixed 6:30-7:45pm (Joelle)	Pre Natal Yoga 6-7pm (Zita)	Beginner Yoga - Mixed 6-7pm (Hamad)	Spinal Flow - Mixed 6:15-7:15pm (Timea)		Beginner Yoga - Mixed 6-7:15pm (Didier)	
	Ashtanga 1.5 Combined Express - Mixed 6:15-7:30pm (Michelle)	Beginner Yoga - Mixed 6:30-7:30pm (Sara)	Power Vinyasa - Mixed 6:30-7:45pm (Michelle)	Hatha Flow - Mixed 6:30-7:45pm (Joelle)	Ashtanga 1.5 Combined Series - Mixed 6:15-7:45pm (Michelle)		Osho Dance Meditation - Mixed 6-7pm (Madina)	
7pm & onwards	Kundalini Yoga - Mixed 7:30-8:45pm (Nicole)	Vinyasa Flow - Mixed 7:30-8:45pm (Didier)	Yoga Therapy and Alignment - Mixed First Class 10 Sep 7-8:15pm (Joelle)					