

YOGA SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am / 9:00am	8:45am - 10:00am Yoga Flow Joelle	8:45am - 10:00am Yoga Therapy Joelle	8:30am - 9:45am Power Flow Mary	8:45am - 10:00am Yin Inspired Yoga Joelle	8:30am - 9:45am Power Flow Mary		
10:00am		10:15am - 11:30am Pre Natal Yoga Helena	10:00am - 11:15am Glow and Grace - Kundalini Yoga Satya Adi Kaur		10:15am - 11:30am Pre Natal Yoga Helena		
11:00am onwards					11:45am - 1:00pm Mommy and Baby Yoga Helena	11:00am - 12:30pm Power Yoga - Mixed Didier	11:00am - 12:15pm Power Yoga - Mixed Shahad
							12:30am - 1:30pm Tai Chi Beginner - Mixed Grace
2:00pm onwards		1:00pm - 2:00pm Yin Yoga for Dancers Mera					2pm - 3pm Tai Chi Intermediate - Mixed Grace
							4:30pm - 6:00pm Hatha Flow - Mixed Didier
5:00pm onwards	5:00pm - 6:15pm Vinyasa Flow Sara		5:00pm - 6:00pm Ashtanga Joelle	5:00pm - 6:00pm Vinyasa Flow Rhea	5:00pm - 6:00pm Gentle Yoga - Mixed Timea		
6:00pm onwards	6:15pm - 7:30pm Ashtanga 1.5 Combined Express - Mixed Michelle	6:30pm - 7:45pm Hatha Flow Joelle	6:00pm - 8:00pm Pre Natal Yoga Joelle	6:00pm - 7:00pm Beginner Yoga - Mixed Hamad	6:15pm - 7:15pm Spinal Flow - Mixed Timea		6:00pm - 7:15pm Beginner Yoga - Mixed Didier
	6:30pm - 7:45pm Yin Yoga Madalena	6:30pm - 7:30pm Beginner Yoga - Mixed Shahad	6:30pm - 7:45pm Power Vinyasa - Mixed Michelle	6:30pm - 7:45pm Hatha Flow - Mixed Joelle	6:30pm - 8pm Ashtanga 1.5 Combined Express - Mixed Michelle		
7:00pm onwards	7:45pm - 9:00pm Kundalini Yoga - Mixed Madalena	7:30pm - 8:45pm Vinyasa Flow - Mixed Didier	7:00pm - 8:15pm Yoga Therapy - Mixed Joelle	7:00pm - 8:00pm Angelic Visual Meditation - Mixed Zakia			
				7:00pm - 8:30pm Tai Chi Advanced - Mixed Grace			
8:00pm onwards		8:00pm - 9:00pm Restorative Yin Yoga - Mixed Madalena		8:00pm - 9:15pm Hatha Yoga - Mixed Didier			

All classes are ladies only unless specified as mixed. Pre booking classes is encouraged to secure your spot.

Green classes are ideal for beginners, all levels or students who prefer a gentler pace.

Blue classes are recommended for intermediate students or minimum 6 months experience.

Pink classes are for intermediate and advanced students only.

Pre Natal yoga requires a note from your medical practitioner prior to commencing.

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 email info@bodytreestudio.com.

