

# CLASS SCHEDULE



| Mon                | Tue                | Wed                | Thu                      | Fri | Sat                      | Sun |
|--------------------|--------------------|--------------------|--------------------------|-----|--------------------------|-----|
|                    | FLOW<br>06:30      | BEGINNERS<br>06:30 | FLOW<br>07:00            |     |                          |     |
|                    | BEGINNERS<br>07:30 | FLOW<br>07:30      |                          |     | FLOW<br>09:30            |     |
|                    | BEGINNERS<br>09:00 |                    |                          |     | BEGINNERS<br>10:30       |     |
|                    | BEGINNERS<br>12:30 |                    | HATHA<br>FUSION<br>12.00 |     | HATHA<br>FUSION<br>11:30 |     |
| BEGINNERS<br>17:30 | BEGINNERS<br>17:30 | BEGINNERS<br>17:30 |                          |     |                          |     |
| BEGINNERS<br>18:30 | FLOW<br>18:30      | BEGINNERS<br>18:30 |                          |     |                          |     |
|                    | ADVANCED<br>19:30  | FLOW<br>19:30      |                          |     |                          |     |