

Monday

06.30-07.30	HOT JIVAMUKTI	SALEMA
09.30-11.00	HOT YOGA FLOW 2	SALEMA
☺ 10.15-11.30	HATHA YOGA	SUE
☺ 11.15-12.30	HOT YOGA	JAYNE M
☺ 11.30-12.30	IYENGAR YOGA	TRACEY
☺ 13.15-14.30	HOT PILATES	MANDY
☺ 14.00-15.00	SENIOR YOGA	IMIR
☺ 17.00-18.15	HOT YOGA	JAYNE M
☺ 17.00-18.30	THAI YOGA	TONI
☺ 18.30-20.00	ACTIVE ISOLATED STRETCHING (AIS)	S HERRIE
☺ 18.30-20.00	HOT YOGA FLOW 1	DIANE
☺ 20.00-21.00	FREESTYLE FITNESS YOGA	JAYNE N
☺ 20.15-21.30	HOT YOGA FLOW 2	DIANE

Tuesday

06.30-07.30	VINYASA FLOW	DIANE
☺ 09.15-10.45	IYENGAR YOGA	SCOTT
☺ 09.30-11.00	HOT YOGA	DIANE
☺ 11.00-12.30	YIN YANG YOGA	DIANE
☺ 11.15-12.15	HOT YOGA EXPRESS	IMIR
☺ 12.30-13.30	YOGA NIDRA	LIZZIE
☺ 14.00-15.00	MUMMY & ME YOGA	KATY
☺ 17.00-18.15	HOT YOGA FLOW EXPRESS	SALEMA
☺ 18.30-20.00	HOT YOGA FLOW 1	ALEXIA
☺ 18.30-20.00	INTERMEDIATE ALIGN & REFINE YOGA	DEBBIE
☺ 20.15-21.45	HOT YOGA	JANINE
☺ 20.15-21.45	JIVAMUKTI YOGA	SALEMA

Wednesday

☺ 06.30-07.30	HOT YOGA FLOW EXPRESS	DIANE
☺ 09.15-10.45	CORE VINYASA	SALEMA
☺ 09.30-10.45	HOT YOGA FLOW 2	DIANE
☺ 10.45-11.45	PILATES	DAN
☺ 11.15-12.15	HOT YOGA EXPRESS	JANINE
☺ 11.45-13.15	SCARAVELLI INSPIRED HATHA	GABRIELLE
☺ 12.30-13.30	HOT FREESTYLE FITNESS YOGA	JAYNE N
☺ 16.00-16.45	KIDS YOGI BEARS (4-7YRS)	CLAIRE
☺ 16.45-17.30	KIDS YOGI DUDES (8-12YRS)	CLAIRE
☺ 17.00-18.15	HOT PILATES	DOMINI
☺ 17.30-18.30	TEENS YOGA (13+)	TONI
☺ 18.30-20.00	HOT YOGA FLOW 1	AGNETA
☺ 18.30-19.30	PILATES	DOMINI
☺ 19.30-20.45	VINYASA FLOW	DIANE
☺ 20.15-21.45	HOT YOGA	JANINE
☺ 20.45-21.45	MEDITATION	NISHA

Thursday

06.30-07.30	HOT YOGA FLOW 2 EXPRESS	DIANE
☺ 09.15-10.30	THAI YOGA	SHERRIE/TONI
☺ 09.30-11.00	HOT YOGA	JAYNE M
☺ 10.30-12.00	ACTIVE ISOLATED STRETCHING (AIS)	S HERRIE
☺ 11.15-12.45	HOT YOGA FLOW 2	LOUISE
☺ 12.00-13.00	PILATES	DOMINI
☺ 14.00-15.00	SENIOR PILATES	DOMINI
☺ 17.00-18.15	HOT THAI YOGA	TONI
☺ 18.30-20.00	HOT YOGA	SIAN
☺ 18.30-20.00	KUNDALINI YOGA	NISHA
☺ 20.00-21.00	MINI BALL PILATES	DOMINI
☺ 20.15-21.30	HOT YOGA FLOW 2	ANITA

Friday

☺ 06.30-07.30	HOT YOGA EXPRESS	JANINE
☺ 09.00-10.00	PILATES	JO
☺ 09.30-11.00	HOT YOGA FLOW 1	IMIR
☺ 10.00-11.30	HATHA YOGA	ZOE
☺ 11.15-12.45	HOT YOGA	JANINE
☺ 13.00-14.15	HOT THAI YOGA	TONI
☺ 18.00-19.00	AIS & YOGA FOR SPORTS	SHERRIE
☺ 18.00-19.15	HOT YOGA FLOW 1 (CANDLELIT)	TAL
☺ 19.15-20.45	JIVAMUKTI YOGA	SALEMA
☺ 19.30-21.00	THAI YOGA (CANDLELIT)	TONI

Saturday

☺ 08.00-09.15	HOT JIVAMUKTI	SALEMA
☺ 08.30-10.00	HATHA YOGA	KATY
☺ 09.00-10.15	NORDIC WALKING	DOMINI
☺ 09.30-11.00	HOT YOGA FLOW 1	TAL
☺ 10.00-11.00	PRE-NATAL YOGA	KATY
☺ 11.00-12.00	PILATES	DOMINI
☺ 11.15-12.45	HOT YOGA	JANINE
☺ 13.00-14.15	HOT PILATES	DOMINI
☺ 15.00-16.30	HOT JIVAMUKTI	SALEMA
☺ 17.00-18.30	HOT YOGA	JANINE

Sunday

☺ 08.00-09.15	HOT YOGA FLOW 1	ALEXIA
☺ 08.30-10.00	ASHTANGA YOGA	NICK
☺ 09.30-11.00	HOT YOGA	ALEXIA
☺ 10.00-11.30	SUN POWER YOGA	SHERRIE/IMIR
☺ 11.15-12.45	HOT YOGA FLOW 1	ALEXIA/DIANE
☺ 11.30-13.00	IYENGAR YOGA	JANINE
☺ 16.00-17.30	JIVAMUKTI YOGA	SALEMA
☺ 17.45-18.45	MEDITATION	LIZZIE
☺ 18.00-19.15	HOT YOGA FLOW 2 (CANDLELIT)	SHERRIE/IMIR

Classes Suitable for Beginners:

When you see this icon next to a class it means that the class is suitable for beginners!



Hot Flow 1 is for brave beginners, please note; it involves flowing movements that require a certain level of co-ordination



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