



Studio Schedule

MONDAY

06.30-07.30	HOT ALIGN & FLOW YOGA OPEN	LISA
09.30-10.45	HOT YOGA FLOW 1/2	HASSAN
09.30-10.30	PILATES OPEN	JOSIE
12.45-13.30	HOT LUNCHTIME FLOW	HASSAN
14:00-15:00	ELDERS YOGA	ELIZABETH
18:00-19.00	HOT YOGA OPEN (26/2)	GIOVINA
18.30-19.30	HATHA YOGA OPEN	ELIZABETH
19:45-21.00	HOT YOGA FLOW 2/3	AGNETA
20.00-21.00	BEGINNERS YOGA OPEN	LIES

TUESDAY

06.30-07.30	HOT YOGA FLOW OPEN	SUZY
09.15-10.30	IYENGAR YOGA	TRACEY
09.30-11.00	HOT YOGA OPEN (26/2)	SAM
11.00-12.00	PILATES OPEN	TANYA
12.45-13.30	HOT LUNCHTIME FLOW	ANDREA
17.15-18.30	HOT THAI YOGA OPEN	WAILING
18.00-19.00	PRENATAL YOGA (from 13 weeks)	EMMA L
18.30-19.45	VINYASA FLOW OPEN	IMIR
18.45-19.45	HOT YOGA FLOW OPEN	WAILING
20.00-21.30	HOT YOGA OPEN 26/2 *NEW*	JO
20.00-21.00	THAI YOGA OPEN	KIRSTY

WEDNESDAY

06.30-07.30	MINDFUL YOGA FLOW OPEN	SALVO
09.30-10.30	ALIGN & FLOW YOGA OPEN	LISA
09.30-10.45	HOT YOGA FLOW 2	WAILING
11.00-12.30	HOT YOGA OPEN 26/2	JO
11.15-12.15	PILATES OPEN	EMMA S
13.00-13.45	HOT LUNCHTIME FLOW	SALVO
14.00-15.00	SOUND MEDITATION OPEN	SUZY
18.00-19.15	HOT HATHA YOGA OPEN	HELEN B
18.30-19.45	VINYASA FLOW 2	HASSAN
19.45-21.00	HOT THAI YOGA OPEN	WAILING
20.00-21.15	QI GONG, YIN & SOUND OPEN	JUNIOR

THURSDAY

06.30-07.30	HOT YOGA FLOW 1/2	SUZY
09.30-10.45	HOT YOGA FLOW 1/2	ERIN
09.30-10.45	YIN YANG YOGA OPEN	KATY
11.00-12.30	HOT YOGA OPEN (26/2)	HASSAN
11.00-12.00	PILATES OPEN (Gentle)	KIRSTY
17.15-18.30	HOT FLOW YOGA OPEN	WAILING
18.00 -19.00	PILATES OPEN	ALLISON
18.45-19.45	HOT FORREST YOGA OPEN *NEW*	NATALIYA
19.15-20.15	HATHA YOGA OPEN	MATT
20.00-21.15	HOT YOGA OPEN (26/2)	GIOVINA

FRIDAY

06.30-07.30	VINYASA FLOW OPEN	MATT
07.00-08.00	PRENATAL YOGA (from 13 weeks)	EMMA L
09.30-10.30	VINYASA FLOW 2	STEVE
09.30-11.00	HOT YOGA OPEN (26/2)	SAM
11.00-12.00	PILATES OPEN	ALLISON
12.15-13.00	CORE OPEN	KIRSTY
13.15-14.15	SOUND MEDITATION OPEN	SUZY
14.30-15.30	CHAIR YOGA OPEN	ANN
18.00-19.15	SATTVA YOGA OPEN	HELEN K
18.15-19.30	HOT HATHA YOGA OPEN	VANESSA
19.45-21.00	HOT RESTORE & RESET YOGA OPEN	ELIZABETH

SATURDAY

08.00-09.00	HATHA YOGA OPEN	SALVO
08.00-09.15	HOT YOGA FLOW 2	SUZY
09.45-11.00	HOT FORREST YOGA OPEN	NATALIYA
10.45-11.45	PILATES OPEN	ALEX
12.00-13.00	VINYASA FLOW OPEN	FATMA
11.30-12.45	HOT YOGA FLOW 1	RAIN
16.00-17.15	HOT YOGA OPEN (26/2)	BONNY
16.30-17.30	COMMUNITY CLASS (Donation Based)	BREEZE

SUNDAY

08:00-09.15	HOT YOGA FLOW 2/3	AGNETA
09:00-10.00	PILATES OPEN	TANYA
09.45-11.00	HOT HATHA YOGA OPEN	ALLISON
10:15-11.15	VINYASA FLOW OPEN	HASSAN
11.15-12.30	HOT YOGA FLOW 1	ERIN
17.00-18.15	HOT YOGA FLOW 1	ANDREA
17.15-18.30	RESTORATIVE YOGA OPEN	SALLY

CLASS AND STUDIO KEY

CLASSES IN RED ARE IN THE HOT STUDIO

CLASSES IN BLACK ARE IN THE TRADITIONAL STUDIO

Read about different classes:

www.breezeyoga.co.uk

Or call 020 8658 6808

Please note This PDF timetable is subject to change, a live timetable is available to view on our website.

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