

Current schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	Power yoga	/	Power yoga	/	Power yoga
18:00	Express core	/	Express core	/	Express core
18:45	Dumbbells yoga	/	Dumbbells yoga	/	Dumbbells yoga
20:00	Slow Flow	YoGalates	Slow Flow	YoGalates	Slow Flow

June schedule

Time	Monday	Tuesday	Wednesday	Thursday
6:30	Morning yoga	Morning yoga	Morning yoga	Morning yoga
8:30	Power yoga	Power yoga	Power yoga	Power yoga
20:00	Slow flow	YoGalates	Slow flow	YoGalates