

# CLASS SCHEDULE

( 24 Feb - 02 Mar 2025)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	24/02/2025	25/02/2025	26/02/2025	27/02/2025	28/02/2025	01/03/2025	02/03/2025
8. 305am - 9.30am						Hip Opening <Evon>	Yoga Twist <Shiou An>
9.45am - 10.45am	Stretch & Twist <Joanna>			Basic Yoga <Joanna>		Body Opening <Evon>	Shoulder Opening <Shiou An>
11.00 am - 12.00pm	Hip Opening <Joanna>			Hip Opening <Joanna>		Yoga Stretch <Evon>	Body Opening <Shiou An>
12.15pm-1.15pm	Backbend <Manoj>		Shoulder Opening <Shiou An>		Body Opening <Shiou An>	Slow Flow <Samantha>	Basic Yoga <Yogi>
6.30pm - 7.30pm	Shoulder Opening <Manoj>	Hip Opening <Manoj>	Shoulder, Spine, Hips <Shiou An>	Yoga Stretch <Evon>	Stretch & Twist <Shiou An>	Vinyasa (1 30- 2 30pm) <Samantha>	Dynamic Yoga (1 30- 2 30pm) <Yogi>
7.45pm - 8.45pm	Arm Balance & Inversion <Manoj>	Backbend <Manoj>	Hatha Vinyasa <Shiou An>	Shoulder Opening <Evon>	Splits <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/ 97887936

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