

MON	TUE	WED	THU	FRI	SAT
07:15 VINYASA (45 MIN) STEF	07:15 FASCIAL MANEUVERS (45 MIN) RAYDER	07:15 FASCIAL MANEUVERS (45 MIN) RAYDER	07:15 VINYASA (45 MIN) STEF		
08:15 HATHA (45 MIN) STEF	08:15 VINYASA (1HR) ZAZ	08:15 CLASS COMING (45 MIN) TEACHER	08:15 HATHA (45 MINS) STEF	09:15 HATHA (1HR) STEF	08:45 CLASS COMING OCTOBER
09:15 MAT PILATES (50 MIN) BOO	09:30 VINYASA (1HR) ZAZ	09:15 MAT PILATES (50 MIN) BOO	09:15 VINYASA (1HR) ZAZ	10:30 VINYASA (1HR) ZEPHYR	10:00 CLASS COMING OCTOBER
10:45 SACRED BREATH AND SOUND (75 MINS) NADIA	10:45 YIN & MINDFULNESS (1HR) LAURA	10:45 FLOOR MOBILITY (1HR) BEN	10:45 VINYASA (1 HR) CECILIA	11:45 MINDFUL BARRE (1HR) ANNELISSE	
12:30 VINYASA (50 MINS) ZAZ	12:30 MINDFUL BARRE (1HR) ANNELISSE	12:30 BREATHWORK (45 MIN) RAMON	12:00 QI GONG (1HR) STEVE	13:00 BREATHWORK (1HR) RAMON	
17:15 FLOW & RESTORE (1HR) KIKI FELIPE	18:30 PREGNANCY YOGA (1HR) LULU	17:15 CALISTHENICS (1HR) BEN	18:00 SACRED BREATH AND SOUND (1HR 15) NADIA		
18:30 YIN YOGA + MYOFACIAL RELEASE (1HR) KIKI FELIPE	20:00 SOUND BATH (1HR) THEANA	18:30 PRIMAL MOVEMENT (1HR) BEN	19:30 VINYASA (1HR) ZAZ		

