Weekly Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 Kundalini Sharon	7:30-8:30 Vinyasa Flow Brydie	7:30-8:30 Early Morning Flow Ashka	7:30-8:30 Ashtanga Flow Anna	7:30-8:30 Ashtanga Flow Anna	9-10 Hatha Jennie	9-10:15 Kundalini Sharon
9-10 Vinyasa Flow Charlie	9-10 Flow w/ weights Bryony	9-10 Vinyasa Flow Nicole	9-10 Pilates Matteo	9-10 Hatha Flow Sam	10:15-11:15 Intermediate Vinyasa Flow Justine	10:30-11:45 Mindful Flow Sarah
10:15-11:15 Hatha Rosie	9:15-10 Meditation for Monkey Minds Camille	10:15-11:15 Hatha & Sound Bath Jennie	10:15-11:15 Vinyasa Flow Sandra	10:15-11:45 Kundalini Katia		17:30-18:30 Sound Bath Jennie
12-13 Pilates w. weights Suze	10:15-11:30 Body Medicine Yoga Brydie	17:45-19:15 Kundalini Sharon	11:45-13:00 Body Medicine Yoga Brydie	12-13 Pilates w. Weights Suze		18:45-19:45 Yin Yoga & Nidra Naomi
17:30-18:30 Monday Night Flow Ashka	13:00 - 14:00 Gentle Yoga (Pay what you can) Justine	19:30-20:45 Yin /Yang Flow Justine	17:30-18:30 Pilates Anisa	18-19 Friday Night Flow Ashka		
18:45-19:45 Hatha & Restore Rosie	18-19:15 Restorative Yoga Sarah		18:45-20 Restorative Yoga & Sound Bath Gabe			
	19:30 - 20:30 Stretch & Reset Sam					