FLOAT SPA - WEEKLY STUDIO SCHEDULE

Scan for descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30 Kundalini Yoga Sharon	7:30-8:30 Vinyasa Flow Yoga Brydie	7:30-8:30 Early Morning Flow Yoga Ashka	7:30-8:30 Ashtanga Flow Yoga Anna	7:30-8:30 Ashtanga Flow Yoga Anna	8-8:45 Pilates Chantelle	8-8:45 Pilates Anndrea
9-10 Vinyasa Flow Yoga Charlie	9-10 Yoga Flow w/ weights Bryony	9-10 Pilates Chantelle	9-10 Pilates Suze	9-10 Hatha Flow Yoga Sam	9-10 Hatha Yoga Jennie	9-10:15 Kundalini Yoga Sharon
10:15-11:15 Hatha Yoga Rosie	9:15-10 Meditation for Monkey Minds - Camille	10:15-11:15 Hatha Yoga & Sound Jennie	10:15-11:30 Body Medicine Yoga Brydie	10:15-11:45 Kundalini Yoga Katia	10:15-11:15 Intermediate Vinyasa Flow Justine	10:30-11:30 Sunday Flow Yoga Lindsay
12-13 Pilates w. weights Suze	10:15-11:30 Body Medicine Yoga Brydie			12-13 Pilates w. weights Suze	11:30-12:30 Laughter Yoga Camille (1st Sat of month)	12-13.15 Self Care Sunday Club (monthly)
17:30-18:30 Monday Night Flow Yoga Ashka	17:30-18:30 Yogalates Sam	17:45-19:15 Kundalini Yoga Sharon	17:30-18:30 Pilates Sam	18-19 Friday Night Flow Yoga Ashka		
18:45-19:45 Hatha Yoga Rosie	18:45 - 20:00 Restorative Yoga Sam	19:30-20:45 Yin /Yang Flow Yoga Justine	18:45-20 Restorative Yoga w. Sound Gabe	19:15 - 20:15 Kirtan / Breath & sound alternate Fridays	Bollywood Dance Cacao & Sound @ Brighton Bed Centre	17:00-18:00 Sound Bath Maria

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