

May 3-9, 2021

Time	3-May Monday	4-May Tuesday	5-May Wednesday	6-May Thursday	7-May Friday	8-May Saturday	9-May Sunday
9:00							
10:00	Vinyasa Chloe 10:30-11:30	Rise & Shine Bandu 10:30-11:30	Open Up Bandu 10:30-11:30	Hatha Bliss Bandu 10:30-11:30	Open Up Bandu 10:30-11:30	Stretch to the Sky 1 Bandu 10:15-11:15	Vinyasa Chloe 10:15-11:15
11:00							
12:00	Fundamentals Nandu 12:30-1:30	Stretch to the Sky 1 Bandu 12:30-1:30	Power & Chill Nandu 12:30-1:30	Be Free Bandu 12:30-1:30	Long Slow & Deep Bandu 12:30-1:30	Barreial Allen 12:30-1:30	Hatha Bliss Bandu 12:30-1:30
1:00							
2:00							
3:00							
4:00						Universal Yoga Bandu 5:00-6:00	Open Up Bandu 4:00-5:00
5:00						Surrender Bandu 6:15-7:15	Sunset Bandu 5:15-6:15
6:00							
7:00	Air Yoga REMIX	Slow Life Chloe 75 mins 7:00-8:15	Air Yoga REMIX	Fundamentals Allen 7:00-8:00	Air Yoga REMIX		
8:30	Nandu 7:15-8:15		Bandu 7:15-8:15	Long Slow & Deep Bandu 7:15-8:15	Bandu 7:15-8:15		
9:30							
Mindfulness Class Air@Antigravity® Class Air & Yoga Mix Class		<p>* Please arrive at least 5 minutes before Yoga class, and 10 minutes before Air class. Late comers will not be checked in.</p> <p>* All the classes will begin on time. Once the class starts, you will not be</p> <p>* Please be considerate in order to maintain the ambiance of the class. Please do not bring your mobile phone into the studio.</p> <p>* Reservation for group classes can be made up to 2 days in advance of the class date, bookings will be closed 30mins before class starts</p> <p>* Early morning classes, please book the night before.</p> <p>Please wear mask once enter our studio and Relax ...we do the Rest</p>					

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