

July 19 -25, 2021



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Time	19-Jul Monday	20-Jul Tuesday	21-Jul Wednesday	22-Jul Thursday	23-Jul Friday	24-Jul Saturday	25-Jul Sunday
8:00						Stretch to the Sky 1 Bandu 08:00-09:00	Hatha Bliss Bandu 08:00-09:00
9:00	Vinyasa Chloe 09:30-10:30	Rise & Shine Bandu 09:30-10:30	Open Up Bandu 09:30-10:30		Long Slow & Deep Bandu 09:30-10:30		
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							Stretch & Relax Bandu 5:30-6:30
6:00						Air Yoga REMIX Bandu 6:30-7:30	
7:00	Air Yoga REMIX Nandu 7:45-8:45	Stretch & Balance Bandu 7:45-8:45	Long Slow & Deep Bandu 7:45-8:45	Detox Air Allen 7:45-8:45	Hatha Bliss Bandu 7:00-8:00		
9:00							
Mindfulness Class	<ul style="list-style-type: none"> * Please arrive at least 5 minutes before Yoga class, and 10 minutes before Air class. Late comers will not be checked in. * All the classes will begin on time. Once the class starts, you will not be permitted in. * Group Classes Cancellation: Minimum 4 hours on weekdays, and 24 hours on weekends & public holidays. 						
Air*/Antigravity® Class	<ul style="list-style-type: none"> * If the required time for cancellation is not met then a class will be deducted from your package. * The type of Class or Instructor is subject to change without prior notice. * Please be considerate in order to maintain the ambiance of the class. Please do not bring your mobile phone into the studio. 						
Air & Yoga Mix Class	<ul style="list-style-type: none"> * 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 * Early morning classes, please book the night before. 						
<p>Please wear mask upon entering our studio and Relax ...we will do the Rest</p>							