

October 11-17, 2021



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Time	11-Oct Monday	12-Oct Tuesday	13-Oct Wednesday	14-Oct Thursday	15-Oct Friday	16-Oct Saturday	17-Oct Sunday
8:00						Stretch to the Sky 1 Bandu 08:00-09:00	Hatha Bliss Bandu 08:00-09:00
9:00	Yang to Yin Chloe 09:30-10:30	Rise & Shine Bandu 09:30-10:30	Open Up Bandu 09:30-10:30		Wize Wheel Bandu 09:30-10:30		
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00				Stretch & Relax Bandu 5:00-6:00		Stretch & Balance Bandu 5:00-6:00	Stretch & Relax Bandu 5:00-6:00
6:00							
7:00	Air Yoga Remix Nandu 7:30-8:30	Universal Bandu 7:30-8:30	Long Slow & Deep Bandu 7:30-8:30		Hatha Bliss Bandu 7:30-8:30		
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. 						
Air & Yoga Mix Class	<ul style="list-style-type: none"> * Please be considerate in order to maintain the ambiance of the class. Please do not bring your mobile phone into the studio. * 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>							