

Time	22-Nov Monday	23-Nov Tuesday	24-Nov Wednesday	25-Nov Thursday	26-Nov Friday	27-Nov Saturday	28-Nov Sunday
8:00						Stretch to the Sky 1 08:00-09:00	Hatha Bliss 08:00-09:00
9:00	Universal 09:00-10:00	Rise & Shine 09:30-10:30	Open Up 09:30-10:30		Long Slow & Deep 09:30-10:30		
10:00							
11:00							
12:00			Coming Soon 12:00-1:00	Coming Soon 12:30-1:00			
1:00	Coming Soon 1:15-2:15	Open Up 1:00-2:00		Coming Soon 1:15-2:15	Coming Soon 1:00-2:00		
2:00		Hatha Bliss 2:00-3:00					
3:00							
4:00							
5:00						Detox Air 5:30-6:30	Long Slow & Deep 5:00-6:00
6:00			Coming Soon 7:00-7:30			Stretch & Relax 6:30-7:30	
7:00	Air Yoga Remix 7:30-8:30		Stretch & Balance 7:30-8:30	Detox Air 7:30-8:30	Hatha Bliss 7:00-8:00		
9:00							
Mindfulness Class	<ul style="list-style-type: none"> <li>* Please arrive at least 5 minutes before Yoga class, and 10 minutes before Air class. Late comers will not be checked in.</li> <li>* All the classes will begin on time. Once the class starts, you will not be permitted in.</li> <li>* Group Classes Cancellation: Minimum 4 hours on weekdays, and 24 hours on weekends &amp; public holidays.</li> </ul>						
Air®/Antigravity® Class	<ul style="list-style-type: none"> <li>* If the required time for cancellation is not met then a class will be deducted from your package.</li> <li>* The type of Class or Instructor is subject to change without prior notice.</li> </ul>						
Air & Yoga Mix Class	<ul style="list-style-type: none"> <li>* Please be considerate in order to maintain the ambiance of the class. Please do not bring your mobile phone into the studio.</li> <li>* 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</li> <li>* Early morning classes, please book the night before.</li> </ul>						
<p><b>Please wear mask upon entering our studio and Relax ...we will do the Rest</b></p>							