

# WEEKLY TIMETABLE

"Vanessa Flow Yoga studio is committed to help modern people discover freedom & happiness through movement & wellbeing classes that are always welcoming & encouraging"

<b>MONDAY</b>	7-7:45am	HOT Sculpt ♦
	9:30-10:30am	Wake-Up Flow
	10:45am-11:45am	Gentle Yoga ♦
	6:15-7:00pm	Pilates ♦
	7:15-8:00pm	HOT Sequence ♦
<b>TUESDAY</b>	7:30-8:15am	Yoga For All ♦
	10-11am	Chair Yoga ♦
	11:15am-12:15pm	Breathe & Meditate ♦
	6:30-7:30pm	Let's Flow
	7:45-8:45pm	Yin Yoga ♦
<b>WEDNESDAY</b>	10-11:15am	Kundalini Yoga ♦
	11:45am-12:45pm	Baby & Me Yoga ♦
	6-6:45pm	Barre ♦
	7:00-8:00pm	HOT Let's Flow
<b>THURSDAY</b>	10-11am	HOT Sculpt ♦
	5:15-6:15pm	Yoga for All ♦
	6:30-7:30pm	Forrest Yoga ♦
	7:45-8:45pm	Relaxing Flow ♦
<b>FRIDAY</b>	10-11am	Wake-Up Flow
	11:15am-12:15pm	Gentle Yoga ♦
	5:30pm-6:30pm	(Check schedule*)
*Rotation between: HOT Pilates ♦ / Mandala / Aerial Yoga ♦ Lets Flow Into Yin ♦		
<b>SATURDAY</b>	9-9:45am	Barre ♦
	10:00-11:00am	HOT Sequence ♦
<b>SUNDAY</b>	9-10am	Spiritual Warrior
	10:15-11:00/11am	HOT Sculpt/ Soulful Flow ♦
	5-6pm	Pregnancy Yoga ♦

♦ Beginner Friendly

