

# WEEKLY TIMETABLE

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



## **Monday**

10-11am	Wake-Up Flow
11:15am-12:15pm	Gentle Yoga
6:30-7:15pm	Pilates
7:30-8:30pm	Aerial Yoga

## **Tuesday**

10-11am	Tai Chi
6:30-7:30pm	Let's Flow
7:45-8:45pm	Yin Yoga

## **Wednesday**

10-11:15am	Kundalini Yoga
11:45am-12:45pm	Baby & Me Yoga *Course*
6-6:45pm	Barre Concept
7:00-8:00pm	HOT Sequence

## **Thursday**

5:15-6:15pm	Yoga for All
6:30-7:30pm	Kunda Flow
7:45-8:45pm	Relaxing Flow

## **Friday**

10-11am	Wake-Up Flow
11:15am-12:15pm	Gentle Yoga
11:45am-12:45pm	Chair Yoga
5:45-7pm	Mandala Yoga

## **Saturday**

9-9:45am	Barre Concept
10:00-11:00am	HOT Sequence
11:30am-12:30pm	Aerial Yoga

## **Sunday**

10-11:15am	Warrior Flow
5:30-6:45pm	Pregnancy Yoga *Course*