

SUMMER 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

11:15am-12:15pm

6:15-7:15pm

7:30-8:30pm

Wake-Up Flow

Gentle Yoga ♦

Pilates ♦

Restorative Aerial Yoga ♦

Tuesday

10-11am

6:30-7:30pm

7:45-8:45pm

Tai Chi ♦

Let's Flow

Yin Yoga ♦

Wednesday

10-11:15am

11:45am-12:45pm

6-6:45pm

7:00-8:00pm

Kundalini Yoga ♦

Baby & Me Yoga *Course* ♦

Barre Concept ♦

HOT Let's Flow

Thursday

10-11am

5:15-6:15pm

6:30-7:30pm

7:45-8:45pm

Pilates ♦

Yoga for All ♦

Kunda Flow ♦

Relaxing Flow ♦

Friday

10-11am

11:15am-12:15pm

11:45am-12:45pm

Wake-Up Flow

Gentle Yoga ♦

Chair Yoga ♦

Saturday

9-9:45am

10:00-11:00am

Barre Concept ♦

HOT Sequence ♦

Sunday

9:15-10:15am

Warrior Flow

♦ *Beginner Friendly*