



# Membership Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 AM - 08.00 AM	Warm Vinyasa Flow - Daisy	Warm Modified Ashtanga -Katixa	Ashtanga -Margaux		Ashtanga -Margaux		
08.00 AM - 09.00 AM						Hatha Yoga -Molly	Warm Ashtanga Flow -Daisy
18.00 PM - 19.15PPM	Warm Vinyasa Flow -Joy						
19.30 PM - 20.30 PM				Warm Yin Yoga -Joy			
20.00 PM - 21.00 PM	Warm Yin Yoga -Molly		Warm Vinyasa Flow - Katixa		Hatha Yoga -Kat		

## *Notes:*

- Any booked class (es) can be cancelled at least three hours prior to the scheduled start time.
- If you do not show up for a class after making a reservation or booking, your attendance will be labelled as "No Show."