



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."