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902 Sun Hing Industrial Building, 46 Wong Chuk Hang Rd

## Sep 2019 Weekly Schedule

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00-9:00		7:45-8:45 <b>Power Flow</b> Wendy	7:45-8:45 <b>Hatha</b> Jyothi	7:00-8:00 <b>Open Cushion</b> (Donation Based) Wendy				
9:00-12:00			9:00-9:50 <b>Stretch and Tone</b> Jyothi	9:00-10:00 <b>Detox Flow</b> Jyothi	9:00-10:15 <b>Backbends</b> 101 Wendy		9:30-10:45 <b>Backbends</b> 101 Wendy	
	10:00-11:15 <b>Alignment</b> Rhonda Yung	10:00-11:00 <b>Detox Flow</b> Jyothi	10:00-11:15 <b>Yin and Restorative</b> <b>Yoga</b> Jyothi	10:15-11:15 <b>Yoga Sculpt</b> Jyothi		10:15-11:45 <b>Vinyasa</b> Jyothi	11:00-12:00 <b>Core Flow</b> Maxine	
12:30-14:00	12:45-13:45 <b>Sun Salutations</b> with Yogic Sleep Wendy	12:30-13:00 <b>MIndful Sit</b> Wendy	12:00-12:30 <b>Yoga Express</b> (Stretch) Jyothi	12:30-13:30 <b>Mindful Flow</b> Maggie	12:45-13:15 <b>Yoga Express</b> (Core) Jyothi	12:45-13:45 <b>Hips and</b> <b>Hamstrings</b> Wendy	12:30-13:30 <b>Mindful Flow</b> Maggie	12:30-13:30 <b>Prenatal</b> <b>Yoga</b> Jyothi
		13:05-13:35 <b>Yogic Sleep</b> Wendy	12:45-13:35 <b>Core Flow</b> Jyothi		13:15-13:45 <b>Yoga Express</b> (Stretch) Jyothi			
18:00-21:00		18:15-19:30 <b>Ashtanga Yoga</b> (Primary Series) Jyothi	18:15-19:15 <b>Vinyasa</b> Minnie	18:15-19:30 <b>Ashtanga Yoga</b> (Primary Series) Jyothi		14:00-15:15 <b>Yoga Therapy</b> Jyothi		
	19:30-20:45 <b>Alignment</b> Rhonda Yung	19:30-20:30 <b>Mindful Yin-Yang</b> Jyothi	19:30-20:30 <b>Core Flow</b> Wendy					

\*\*1) Sept 20th (Fri) 18:00- 21:00 - **Movie Night**

\*\*3) Sept 28th (Sat) 12:00- 16:00 - **Janice Ng's workshop** (Prenatal Yoga at 12:30 & Yoga Therapy at 14:00 cancelled.)