

Class Schedule



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902 Sun Hing Industrial Building, 46 Wong Chuk Hang Road

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00	7:45-8:45 Power Flow Wendy	7:45-8:45 Power Flow Wendy	7:45-8:45 Hatha Jyothi				
9:00-12:00	09:30-10:45 Alignment Rhonda	9:00-10:00 Mobility Flow Jessica	9:00-10:00 Yoga Sculpt Jyothi	9:00-10:00 Detox Flow Jyothi	9:00-10:15 Backbends 101 Wendy		9:30-10:45 Backbends 101 Wendy
		10:15-11:15 Feel Good Flow Wendy	10:15-11:30 Yoga Therapy Jyothi	10:15-11:30 Yin & Restorative Yoga Jyothi	10:30-11:30 Feel Good Flow Wendy	10:00-11:30 Vinyasa Jyothi	11:00-12:00 Core Flow Wendy
12:00-14:00	12:45-13:45 Sun Salutations w/ Yogic Sleep Wendy	12:30-13:00 Mindful Sit Wendy	12:45-13:45 Vinyasa Jessica	12:30-13:30 Mindful Flow Maggie	12:45-13:15 Yoga Express (Core) Jyothi	12:30-13:30 Hips & Hamstrings Wendy	12:30-13:30 Mindful Flow Maggie
		13:05-13:35 Yogic Sleep Wendy			13:15-13:45 Yoga Express (Stretch) Jyothi		14:00-15:15 Yoga Therapy Jyothi
18:00-21:00	18:15-19:15 Hatha Jyothi	18:15-19:15 Hatha Jyothi	18:15-19:15 Hips & Hamstrings Wendy	18:00-19:15 Ashtanga Yoga (Primary Series) Jyothi			
	19:30-20:45 Alignment Rhonda	19:30-20:45 Ashtanga Yoga (Primary Series) Jyothi	19:30-20:30 Core Flow Wendy	19:30-20:45 Alignment Rhonda			