

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
07:00 - 09:00	07:45 - 08:45 Power Flow Wendy	07:45 - 08:45 Power Flow Wendy		07:30 - 08:45 Ashtanga (Primary Series) Jyothi	07:45 - 08:45 Hatha Rhonda			
09:00 - 12:00	09:30 - 10:45 Alignment Rhonda	09:00 - 10:00 Mobility Flow Jessica		09:00 - 10:00 Yoga Sculpt Jyothi	09:00 - 10:00 Detox Flow Jyothi	09:00 - 10:00 Hatha Chops		09:30 - 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 Jyothi		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 - 13:45 Core & Stretch Jyothi	12:30 - 13:30 Mindful Flow Maggie	12:00 - 13:30 Yoga Therapy Jyothi	
		13:05 - 13:35 Yogic Sleep Wendy						
16:00 - 17:00		16:00 - 17:00 Core & Stretch Jyothi			16:00 - 17:00 Hatha Jyothi			
18:00 - 21:00	18:15 - 19:15 Energetic Flow Chops	18:15 - 19:15 Yoga Sculpt Jyothi		18:15 - 19:15 Hips & Hamstrings Wendy	18:00 - 19:15 Backbends 101 Wendy			
	19:30 - 20:45 Alignment Rhonda	19:30 - 20:45 Ashtanga (Primary Series) Jyothi		19:30 - 20:30 Core Flow Wendy	19:30 - 20:30 Feel Good Flow Wendy			