

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		07:45 - 08:45 Vinyasa Jyothi	07:45 - 08:45 Hatha Wendy	07:45 - 08:45 Energetic Flow Chops		
09:00 - 12:00	09:00 - 10:00 Hips & Hamstrings Wendy			09:00 - 10:00 Feel Good Flow Wendy		09:30 - 10:30 Hatha *vaccinated Chops	09:30 - 11:00 Vinyasa Jyothi	09:30 - 10:45 Backbends 101 Wendy
							11:15 - 12:30 Yoga Therapy Rhonda	11:00 - 12:00 Core Flow *vaccinated Wendy
12:00 - 15:00	12:30 - 13:30 TCM Hatha Winnie	12:30 - 13:00 Mindful Sit Wendy	12:30 - 13:30 Mobility Flow Jessica	12:30 - 13:30 Slow Flow Wendy	12:30 - 13:30 Core & Stretch Jyothi	12:30 - 13:30 Spinal Care Chops		
		13:05 - 13:35 Yogic Sleep Wendy					14:00 - 15:00 Slow Flow Wendy	13:00 - 14:00 Mindful Sunday's (Meditation) Wendy
16:00 - 17:00		16:00 - 17:00 Core & Stretch Jyothi			16:00 - 17:00 Core & Stretch Jyothi			
18:00 - 21:00	18:15 - 19:15 Inversions Wendy	18:15 - 19:15 Yoga Sculpt Jyothi		18:15 - 19:15 Energetic Flow *vaccinated Chops	18:15 - 19:15 Hips & Hamstrings Wendy	18:15 - 19:30 Backbends 101 Wendy		
	19:30 - 20:30 Hatha Emily	19:30 - 20:45 Yoga Therapy Jyothi		19:30 - 20:30 Yoga Therapy Chops	19:30 - 20:30 Core Flow Wendy			