

Time	16-Oct Monday	17-Oct Tuesday	18-Oct Wednesday	19-Oct Thursday	20-Oct Friday	21-Oct Saturday	22-Oct Sunday
8:30		Power Nandu 8:30-9:30		Hatha Bandu 8:30-9:30			
9:00	Hatha Emi 9:30-10:30		Universal Yoga Bandu 9:30-10:30		Sunrise Yoga Bandu 9:30-10:30	Hatha Emi 9:15-10:15	Yoga for Life Emi 9:15-10:15
10:00	Air Therapy Nandu 10:00-11:00	Vinyasa Emi 10:00-11:00		Yoga for Life Emi 10:00-11:00	Air Stretch Emi 10:00-11:00	Sunrise Yoga Bandu 10:15-11:15	Stretch to the sky L1 Bandu 10:15-11:15
11:00	Stretch to the Sky L1 Bandu 11:15-12:15		Asana & Pranayama Nandu 11:15-12:15	Stretch & Core Bandu 11:15-12:15	Yoga Therapy Nandu 11:15-12:15	Vinyasa (B) Emi 11:30-12:30	Ashtanga Led Primary Series Nandu 11:00-12:00
12:00	Easy Yoga Nandu 12:30-13:30	Fundamentals Nandu 12:30-13:30	Ashtanga Basic Nandu 12:30-13:30	Hatha Emi 12:30-1:30	Bodywise Air Nandu 12:30-13:30	Bodywise Air Nandu 11:30-12:30	Open Up Bandu 11:30-12:30
13:00	Long Slow & Deep Bandu 13:30-14:30	Hatha Emi 13:30-14:30	Air Stretch Bandu 13:30-14:30	Vinyasa (B) Emi 13:30-14:30	Vinyasa (B) Emi 13:30-14:30		
14:00		Yoga for life Emi 14:30-15:30		Open Up Bandu 14:30-15:30		Open Up Bandu 15:00-16:00	
15:00	Air Stretch Emi 15:00-16:00		Bodywise Air Nandu 15:00-16:00		Yoga for Life Emi 15:00-16:00	Easy Yoga Nandu 15.15-16.15	Hatha Emi 15.00-16.00
16:00							Fundamentals Nandu 16:15-17:15
17:00	Hatha Bandu 17:00-18:00	Fundamentals Nandu 17:00-18:00		Hatha Bandu 17:00-18:00	Stretch to the Sky L1 Bandu 17:00-18:00	Universal Yoga Bandu 17.00-18.15 75 mins	Sunset Yoga Bandu 17.30-18.30
18:00							
19:00	Long Slow & Deep Bandu 19:00-20:00	Easy Yoga Nandu 19:00-20:00	Air Therapy Nandu 19:00-20:00	Air Flow Allen 19:00-20:00	Stretch & Relax Bandu 19:00-20:00	Yoga for Life Emi 6:30-7:30	
	Fundamentals Nandu 19:15-20:15	Fundamentals Irene 19:15-20:15	Stretch & Balance Bandu 19:15-20:15	Hatha Emi 19:15-20:15	Fundamentals Nandu 19.00-20.00		
20:00	Vinyasa (B) Emi 20:00-21:00	Yoga for life Emi 20:00-21:00		Healing Therapy Allen 20:15-21:15	Vinyasa (M) Emi 20:00-21:00		
	Yoga Therapy Nandu 20:30-21:30	Hatha Irene 20:30-21:30	Long Slow & Deep Bandu 20:30-21:30	Yoga for Life (B) Emi 20:30-21:30			

M - Multi Level
I - Intermediate
B - Beginner
L1- Level 1
L2- Level 2

Air®/Antigravity® Class

- * Please arrive 5min before Yoga class and 10min before Air class. We will stop check-in within a time period.
- * All the classes will begin on time. Once the class starts, you will not be permitted in.
- * Required minimum 4 working hours cancellation on weekdays and 24 hrs cancellation on weekends for Group classes.
- * Required minimum 1 day cancellation for Private class.
- * The appropriate time for cancellation is not met then a class will be deducted from your package.
- * The type of Class or Instructor is subject to change without prior notice.
- * Please be considerate to maintain ambiance in the class. Do not bring your mobile phone into the studio.
- * Suspension of membership must be submitted minimum 10 days prior to the first date of suspension period.

Booking is accepted for (maximum) 2 days in advance of the class schedule.

Please bring your membership card with you. Without membership card, the locker key will not be granted.