

Time	29-May Monday	30-May Tuesday	31-May Wednesday	1-Jun Thursday	2-Jun Friday	3-Jun Saturday	4-Jun Sunday
8:30	Vinyasa Emi 8:30-9:30		Hatha Emi 8:30-9:30		Sunrise Yoga Bandu 8:30-9:30		
9:00		Hatha Bandu 9:15-10:15		Hatha Bandu 9:30-10:30		Hatha Emi 9:15-10:15	Easy Yoga Nandu 9:15-10:15
10:00	Air Stretch Emi 10:00-11:00	Universal Yoga Bandu 10:30-11:30	Vinyasa Emi 10:00-11:00		Air Stretch Bandu 10:00-11:00	Sunrise Yoga Bandu 10:15-11:15	
11:00	Hatha Bandu 11:15-12:15	Air Stretch Emi 11:30-12:30		Air Stretch Emi 11:15-12:15	Hatha Emi 11:15-12:15	Long Slow & Deep Bandu 11:30-12:30	Ashtanga Led Primary Nandu 11:00-12:00
12:00			Hatha Bandu 12:30-13:30	Long Slow & Deep Bandu 12:30-13:30	Air Stretch Emi 12:30-13:30	Bodywise Air Nandu 11:30-12:30	Air Stretch Emi 11:30-12:30
13:00			Air Stretch Emi 13:30 - 14:30				
14:00						Open Up Bandu 15:00-16:00	
15:00	Air Stretch Emi 15:00-16:00	Stretch to the Sky L1 Bandu 3:15-4:15			Air Stretch Emi 15:00-16:00	Easy Yoga Nandu 15:15-16:15	Hatha Emi 15:00-16:00
16:00	Long Slow & Deep Bandu 17:00-18:00	Open Up Bandu 16:30-17:30	Hatha Bandu 17:00-18:00	Stretch to the Sky L1 Bandu 17:00-18:00	Hatha Emi 17:00-18:00		Fundamentals Nandu 16:15-17:15
17:00		Hatha Emi 17:30-18:30				Universal Yoga Bandu 17:00-18:15 75 mins	Yoga Therapy Nandu 17:30-18:30
18:00				AirFlow Allen 19:00-20:00			
19:00	Vinyasa Emi 19:00-20:00		Stretch & Balance Bandu 19:00-20:00	Core Yoga Bandu 19:15-20:15	Open Up Bandu 19:00-20:00	Asana & Pranayama Nandu 18:30-19:30	
	Open Up Bandu 19:15-20:15		Air Stretch Emi 19:15-20:15	Healing Therapy Allen 20:15-21:30 75 mins			
20:00					Sunset Yoga Bandu 20:00-21:00		
	Hatha Emi 20:30-21:30		Long Slow & Deep Bandu 20:30-21:30	Stretch and Relax Bandu 20:30-21:30			
M - Multi Level I - Intermediate B - Beginner L1- Level 1 L2- Level 2 Air®/Antigravity® Class		<ul style="list-style-type: none"> * 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 ambience 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.							