



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room	Sun Room	Moon Room
7am		6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am	6.30 Bikram	6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am	6.30 Hot Vinyasa 1/2	6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am	6.30 Bikram	6.30 Ashtanga MYSORE Beginners 6.30-7.30am Pregnancy 7-8am		6.30 Ashtanga Primary Series intermediate/advanced				
8am														
9am	8.30 Bikram								8.30 Bikram					
10am											9.00 Bikram		9.00 Hot Vinyasa 1/2	
11am													10.30 Bikram	
noon											11.00 Hot Vinyasa 1/2			
1pm	1.00 Hot Vinyasa 1/2		1.00 Hot Vinyasa 1/2		1.00 Hot Vinyasa Lvl. 1		1.00 Hot Jai Vinyasa 1/2		1.00 Hot Vinyasa 1/2					
2pm														
3pm														
4pm			4.00 Bikram				4.00 Bikram							
5pm	4.30 Hot Vinyasa 1/2				4.30 Hot Vinyasa 1/2									
6pm	6.00 Bikram	5.45 Ashtanga Vinyasa	6.00 Hot Vinyasa 2/3	6.00 Beginners Yoga	6.00 Bikram	5.45 Ashtanga Vinyasa	6.00 Hot Vinyasa 2/3	6.00 Beginners Yoga	5.45 Hot Vinyasa 1/2				6.00 Vinyasa Yoga on the Sea Point Promenade	
7pm		7.00 Yoga Nidra				7.00 Yoga Nidra								
8pm			7.30 Bikram											
9pm														

Public Holidays: 8:30-10am Ashtange Primary Series, 8.30-10:00am Bikram and 10.30-11:30am Hot Jai Vinyasa Level 1