

TIME	MONDAY/ WEDNESDAY		FRIDAY
6-7	Gentle yoga		Gentle yoga
7:15-8:15	Power fitness yoga		Functional stretch
9-10	Functional stretch		Hatha yoga
10:15- 10:45	Guided Meditation		Guided meditation
11-12:30	Breath work (20 min) & chakra alignment Healing		Breath Work (20 min) & chakra alignment Healing
1-2	Hatha Flow		Vinyassa Flow
2:15-3:15	Vinyassa Flow		Power fitness yoga
3:30-4:30	Breath work (15 min) & Musical Meditation		Stress Management
4:45-5:30	Family Friendly Yoga		Musical Meditation
6-7	Power fitness yoga		
7:15-8:15	Instrumental Sound Healing with bamboo flute and brass singing bowls		

TIME	TUESDAY / THURSDAY		
9-10	Power fitness yoga		
10:15-11:15	Functional stretch		
11:30-12:30	Hatha Yoga		
1:30-3	Breath work (20 min) & Gong Bath		
3:15 - 4:30	Vinyassa Flow		
4:45-5:30	Family Friendly Yoga		
6-7	Power fitness yoga		