



YOGAHUB

July - Dec Timetable 2018



Ashtanga • Vinyasa • Yin • Hatha • Pranayama • Meditation

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July - Dec Timetable 2018 • Check the website for updates and course start dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 5:45 - 7:15AM Mysore Mornings	■ 7:30 - 9AM Mysore Mornings	■ 8:30 - 10AM Sunday Best
■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion	■ 6 - 7:15AM Beginners Immersion			
■ 9:30 - 11AM Align & Flow Vinyasa	■ 9:30 - 11AM Fire Flow	■ 9:30 - 11AM Align & Flow Vinyasa	■ 9:30 - 10:45AM Flow Motion	■ 9:30 - 11:00AM Align & Flow Vinyasa	■ 9:15 - 10:30AM I Heart Hatha	■ 10:15 - 11:30AM The Yin Crowd
■ 6 - 7PM Fire Flow	■ 6 - 7:25PM Ashtanga Talk Through & Mysore	■ 6 - 7PM Fire Flow	■ 6 - 7:25PM Ashtanga Talk Through & Mysore	■ 6 - 7PM Slow Flow Fridays	■ 12 - 1PM Healcode Trauma Sensitive Yoga	■ 2 - 3.30PM Ashtanga Talk Through
■ 7:15 - 8:30PM I Heart Hatha	■ 7:30 - 9PM Beginners Foundations	■ 7:15 - 8:30PM Yin & Tonic		■ 7:15 - 8:15PM Sound Yoga Nidra (Monthly)	■ 2 - 3:30PM Song to Soul Women's Choir	■ 4 - 5:30PM Beginners Foundation

■ Drop in & no yoga experience required

■ This is part of a course

■ Some Ashtanga experience required