

WEEKLY TIMETABLE

"Vanessa Flow Yoga studio is committed to help modern people discover freedom & happiness through movement & wellbeing classes that are always welcoming & encouraging"



Monday

10-11am	Wake-Up Flow
11:15am-12:15pm	Gentle Yoga ♦
6:15-7:00pm	Pilates ♦
7:15-8:00pm	HOT Sequence ♦

Tuesday

7:30-8:15am	Yoga For All ♦
10-11am	Tai Chi ♦
6:30-7:30pm	Let's Flow
7:45-8:45pm	Yin Yoga ♦

Wednesday

10-11:15am	Kundalini Yoga ♦
11:45am-12:45pm	Baby & Me Yoga ♦
6-6:45pm	Barre Concept ♦
7:00-8:00pm	HOT Let's Flow

Thursday

10-11am	Pilates ♦
5:15-6:15pm	Yoga for All ♦
6:30-7:30pm	Forrest Yoga ♦
7:45-8:45pm	Relaxing Flow ♦

Friday

10-11am	Wake-Up Flow
11:15am-12:15pm	Gentle Yoga ♦
11:45am-12:45pm	Chair Yoga ♦
5:30pm-6:30/45pm	HOT Pilates ♦ / Mandala / Aerial Yoga ♦
	Twilight Yin ♦

Saturday

9-9:45am	Barre Concept ♦
10:00-11:00am	HOT Sequence ♦

Sunday

9-10am	Warrior Flow
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Sound Bath ♦
Every Quarter
SAT/SUN: 7-8PM

♦ *Beginner Friendly*