



DROP IN CLASSES MAY 2024

	9:00am - 9:30am			10:30am		6pm		7pm - 7:30pm	
SUNDAY	ZAZEN MEDITATION Meditation with Jabar 9am - 10am ADDAH	ASHTANGA YOGA with Stef 9am - 10.30am STUDIO	AQUA FITNESS FITNESS with Jessi 10am -11am POOL	FUNCTIONAL BREATHWORK with Jose 10.30am - 11.30am STUDIO	ART THERAPY with Rana 10.30am - 12pm HEART SPACE	YANG TO YIN YOGA with Mona 6pm - 7.15pm STUDIO	<small>NEW</small> PILATES FITNESS with Ally 6pm - 7pm HEART SPACE	YIN BY CANDLELIGHT YOGA with Masha 7.30pm - 9pm STUDIO	
MONDAY		BODY SCULPT FITNESS with Regina 9am - 10am STUDIO	AQUA FITNESS FITNESS with Jessi 10am -11am POOL	SHAKTIFLOW YOGA with Lesya 10.30am - 12.30pm STUDIO		VINYASA YOGA with Stefania 6pm - 7.15pm STUDIO		AERIAL YIN ADULTS YOGA with Celia 7.30pm - 9pm STUDIO	LUNAR YIN & SOUND HEALING YOGA (ladies only) with Nada 7.30pm - 9pm HEART SPACE
TUESDAY	ZAZEN MEDITATION Meditation with Jabar 9am - 10am ADDAH	STRETCHING FITNESS with Regina 9am - 10am STUDIO	BODY BOOST MOMMY&BABY WORKOUT with Cecily 9.30am -10.30am HEART SPACE	VINYASA YOGA with Stefania 10.30am - 12pm STUDIO		BELLYDANCE with Caroline 6pm-7pm STUDIO	SLOW FLOW YOGA YOGA with Tara 6pm - 7:30pm HEART SPACE		
WEDNESDAY	AQUA FITNESS FITNESS with Jessi 10am -11am POOL			FOR THE SPINE YOGA with Lesya 10.30am - 12pm STUDIO	<small>DONATION</small> KARMA YOGA with Masha 10.30am - 12.30pm HEART SPACE	VINYASA YOGA with Stefania 6pm - 7.15pm STUDIO	VOCAL LESSONS & THROAT CHAKRA ACTIVATION with Jabar 6pm - 7pm HEART SPACE	<small>NEW</small> PILATES FITNESS with Ally 6pm - 7pm ADDAH	INTERCONNECTING JOURNEY CHANTING & MEDITATION with Nada 7.30pm - 9pm HEART SPACE
THURSDAY	ZAZEN MEDITATION Meditation with Jabar 9am - 10am ADDAH	TRX FITNESS with Regina 9am - 10am STUDIO		VINYASA YOGA with Stefania 10.30am - 12pm STUDIO		AERIAL KIDS YOGA with Celia 4pm - 5pm STUDIO		AERIAL ADULTS YOGA with Celia 7.30pm - 9pm STUDIO	WOMEN CIRCLE CHANTING & MEDITATION with Nada 7.30pm-9.30pm HEART SPACE
FRIDAY		KUNDALINI & SOUND BATH YOGA with Lesya 8.30am - 10.30am STUDIO	<small>NEW</small> PILATES FITNESS with Ally 9am - 10am HEART SPACE	YIN YOGA YOGA with Masha 11am - 12.30pm STUDIO		RESTORATIVE YOGA with Mona 6pm - 7.15pm STUDIO	VOCAL LESSONS & THROAT CHAKRA ACTIVATION with Jabar 6pm - 7pm HEART SPACE		
SATURDAY		VINYASA FLOW YOGA (intermediate) with Mona 9am -10.30am STUDIO		AERIAL YOGA AS AN ART OF HEALING YOGA with Mona 11:30am - 1pm STUDIO		TRANSFORMATIVE BREATHWORK with Jose 6pm - 8pm STUDIO	YIN YOGA MYOFASCIAL RELEASE YOGA with Masha 6pm - 8pm HEART SPACE		



CLASS SIGN UP - Some classes are limited, so to guarantee your space, pre-Join by calling or messaging us up to 2hrs prior to class start time - 01002601312
 - 5 x Class Vouchers available - ask at Nour for detail