



HOT YOGA

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MONDAY

18:00 – 19:00	Hot Yoga Flow	Kate Mc
19:15 – 20:15	Hot Yoga Flow	Kate Mc

TUESDAY

18:00 – 19:00	Hot Yoga Flow	Catie
19:15 – 20:15	Hot Yoga Flow	Catie

WEDNESDAY

07:15 – 08:15	Hot Yoga Flow	Jocelyn
13:00 – 13:45	Express Lunchtime Hot Yoga Flow	Silvio
18:00 – 19:00	Hot Yoga Flow	Silvio
19:15 – 20:15	Warm Yin	Silvio

THURSDAY

07:15 – 08:15	Hot Yoga Flow	Nicole
18:00 – 19:00	Hot Yoga Flow	Hannah
19:15 – 20:15	Warm Yang - Yin	Aoife

FRIDAY

07:15 – 08:15	Hot Yoga Flow	Jocelyn
17:00 – 18:00	Hot Yoga Flow	Catie

SATURDAY

09:30 – 10:30	Hot Yoga Flow	Shane
11:00 – 12:00	Hot Yoga Flow	Shane
16:00 – 17:00	Hot Yoga Flow	Jocelyn

SUNDAY

09:30 – 10:30	Hot Yoga Flow	Kasia
11:00 – 12:00	Hot Yoga Flow	Kasia
16:00 – 17:00	Hot Yoga Flow	Kate D
17:15 – 18:15	Warm Yin Yoga	Kate D

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