

# Studio Schedule

Effective from 01 November 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

08:15

TRX  
Sculpting Yoga

Beginners  
Vinyasa  
*Ladies only*

TRX  
Sculpting Yoga

Yogalates  
*Ladies only*

09:15

Vinyasa  
with Pilates

Aerial Yoga  
Level 1

Vinyasa  
with Pilates

Aerial Yoga  
Level 1  
*Ladies only*

Flexibility  
Series

Aerial Yoga  
Level 1

TRX  
Sculpting Yoga

10:15

*90 minutes*

*90 minutes*

Aerial Yoga  
Level 2

Level up to  
Aerial Level 2

Hatha Vinyasa

11:15

Inside flow

16:15

17:15

Aerial Yoga  
Level 2

18:15

Aerial Yoga  
Level 2

Aerial Yoga  
Level 1

TRX  
Sculpting Yoga

Aerial Yoga  
Level 1

Flexibility  
Series

19:15

Gentle  
Hatha Vinyasa

Gentle  
Hatha Vinyasa  
*Ladies only*

Yogalates

Gentle  
Hatha Vinyasa

20:15