



Air Yoga studio schedule

Updated:
24-May-23

Effective from:
01-Jun-23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:30												
6:45												
7:00												
7:15	School drop-off											
7:30												
7:45												
8:00							Beginners Aerial	Vin-2-Yin Yoga (Anca)	Intermediate Aerial (Anca)	Vin-2-Yin Yoga (Anca)	Beginners Aerial (Anca)	
8:15												
8:30	(Anca)		(Anca)	(Anca)	(Anca)							
8:45	08:00 - 08:50		08:00 - 08:50		08:00 - 08:50							
9:00	Intermediate Aerial (Anca)	08:00 - 09:10	Beginners Aerial (Anca)	08:00 - 09:10	Intermediate Aerial (Anca)							
9:15												
9:30		Split Academy (Anca)		Split Academy (Anca)		Split Academy (Juliana)						
9:45	09:00 - 09:50		09:00 - 09:50		09:00 - 09:50							
10:00	Vin-2-Yin Yoga (Anca)		Vin-2-Yin Yoga (Anca)		Vin-2-Yin Yoga (Anca)	Intermediate Aerial (Anca)						
10:15		09:30 - 10:20		09:30 - 10:20		09:30 - 10:20						
10:30		Advanced Aerial (Anca)		Advanced Aerial (Anca)		Beginners Aerial (Juliana)						
10:45												
11:00	10:00 - 11:10		10:00 - 11:10		10:00 - 11:10	10:00 - 10:50						
11:15		10:30 - 11:20		10:30 - 11:20		10:30 - 11:20						
11:30	Osteo-Yoga (Anca)		Osteo-Yoga (Anca)			Vin-2-Yin Yoga (Anca)						
11:45												
12:00						11:00 - 12:10						
12:15	11:30 - 12:20		11:30 - 12:20									
12:30												
12:45												
13:00												
Lunch Break												
16:30												
16:45												
17:00		Osteo-Yoga (Anca)	Split Academy (Gabby)	Osteo-Yoga (Anca)	Split Academy (Juliana)							
17:15												
17:30												
17:45		17:00 - 17:50	17:00 - 17:50	17:00 - 17:50	17:00 - 17:50							
18:00	Advanced Aerial (Anca)	Beginners Aerial (Juliana)	Advanced Aerial (Anca)	Intermediate Aerial (Anca)	Beginners Aerial (Juliana)							
18:15												
18:30												
18:45	18:00 - 18:50	18:00 - 18:50	18:00 - 18:50	18:00 - 18:50	18:00 - 18:50							
19:00	Intermediate Aerial (Anca)	Restorative Yin Aromatherapy (Juliana)	Candlelight Vinyasa (Anca)	Beginners Aerial (Anca)	Restorative Yin Aromatherapy (Juliana)							
19:15												
19:30												
19:45	19:00 - 19:50	19:00 - 19:50	19:00 - 19:50	19:00 - 19:50	19:00 - 19:50							
20:00	Candlelight Vinyasa (Anca)			Candlelight Vinyasa (Juliana)								
20:15												
20:30												
20:45	20:00 - 20:50			20:00 - 20:50								
21:00												
21:15												
21:30												

Class short descriptions

Class	Focus	Main Teacher	Description
Vin-2-Yin Yoga	Balance Flexibility Spinal health Body toning Deep tissue Core strength	Anca	Combines the best of Yin and Vinyasa for a full workout in a longer class. A very balanced workout that provides strength, flexibility and cardio health. Always 70 Minutes
Restorative Yin & Aromatherapy	Flexibility Mental calm Spinal health Senses	Anca Juliana Gabby	A gentle class that targets daily stress in both body and mind. We combine the benefits of Yin yoga and aromatherapy to relax your muscles, ease your spine and help you release the stress that life brings.
Sunrise or Candlelight Vinyasa	Strength Flexibility Balance Toning	Anca Gabby Juliana	An early morning or evening practice. Coffee for the morning and candles for the evening. Creative flow for a balanced class that improves flexibility, strength, tones the body and teaches you body awareness. This is not a fast paced cardio class.
Split Academy	Flexibility Strength	Gabby	A class dedicated to gaining the skills for forward or side splits. Flexibility without strength is dangerous. We teach both to help you practice safely.
Osteo-Yoga	Safety Motion Toning Flexibility	Anca	A class that protects those that cannot practice the full range of asanas. If you have a back injury, have the miles to suspect you have osteoporosis or had a recent injury, this class is perfect for you.
Beginners Aerial	Balance Core strength Flexibility Body awareness Body toning	Anca Juliana Gabby	Get comfortable in our silk hammocks and enjoy the benefits in Yoga in an exciting format. Deeper stretches and a stronger awareness of your body and balance. All new students start here and must have socks and long sleeve shirts. No zippers allowed in class.
Intermediate Aerial Advanced Aerial	Balance Core strength Flexibility Body toning Cardio health	Anca	Once you are comfortable with the concepts taught in the beginner's class Anca will move you to the next classes to keep on learning and developing your asanas.