



Air Yoga studio schedule

Updated:

30-May-22

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|----------------|----------------|-----------------|----------------|-----------------|----------|-----------------|
| 8:30 | | | | | | | |
| 8:45 | Intermediate | | Beginners | Vin-2-Yin | | | |
| 9:00 | Aerial | | Aerial | Yoga | | | Vin-2-Yin |
| 9:15 | | Vin-2-Yin | | | Intermediate | | Yoga |
| 9:30 | 08:45 - 09:45 | Yoga | 08:45 - 09:45 | (75 Minutes) | Aerial | | (75 Minutes) |
| 9:45 | | | | 08:45 - 10:00 | | | 09:00 - 10:15 |
| 10:00 | Vin-2-Yin | (75 Minutes) | Vin-2-Yin | | 09:15 - 10:15 | | |
| 10:15 | Yoga | 09:15 - 10:30 | Yoga | Intermediate | | | |
| 10:30 | | | | Aerial | Vin-2-Yin | | Beginners |
| 10:45 | (75 Minutes) | Beginners | (75 Minutes) | | Yoga | | Aerial |
| 11:00 | 10:00 - 11:15 | Aerial | 10:00 - 11:15 | 10:15 - 11:15 | | | |
| 11:15 | | | | | (75 Minutes) | | 10:30 - 11:30 |
| 11:30 | | 10:45 - 11:45 | Intermediate | | 10:30 - 11:45 | | |
| 11:45 | | | Aerial | | | | Intermediate |
| 12:00 | | | | | | | Aerial |
| 12:15 | | | 11:30 - 12:30 | | | | |
| 12:30 | | | | | | | (75 Minutes) |
| 12:45 | | | | | | | 11:45 - 1:00 PM |
| 13:00 | | | | | | | |
| 13:15 | | | | | | | Hatha |
| 13:30 | | | | | | | Yoga |
| 13:45 | | | | | | | 1:15 - 2:15 PM |
| 16:00 | | | | | | | |
| 16:15 | | | | | | | |
| 16:30 | | | | | Kids Aerial | | |
| 16:45 | | | MindCraft | | | | |
| 17:00 | Kids Aerial | | Kids Yoga | | | | |
| 17:15 | | | | | 4:30 - 5:30 PM | | |
| 17:30 | | | 4:45 - 5:45 PM | | | | |
| 17:45 | 5:00 - 6:00 PM | | | | | | |
| 18:00 | | | | | | | |
| 18:15 | Beginners | Intermediate | Restorative Yin | Beginners | Intermediate | | |
| 18:30 | Aerial | Aerial | & | Aerial | Aerial | | |
| 18:45 | | | Aromatherapy | | | | |
| 19:00 | 6:15 - 7:15 PM | 6:15 - 7:15 PM | 6:15 - 7:15 PM | 6:15 - 7:15 PM | 6:15 - 7:15 PM | | |
| 19:15 | | | | | | | |
| 19:30 | Candlelight | Beginners | Intermediate | Candlelight | Restorative Yin | | |
| 19:45 | Vinyasa | Aerial | Aerial | Vinyasa | & | | |
| 20:00 | | | | | Aromatherapy | | |
| 20:15 | 7:30 - 8:30 PM | 7:30 - 8:30 PM | 7:30 - 8:30 PM | 7:30 - 8:30 PM | 7:30 - 8:30 PM | | |
| 20:30 | | | | | | | |
| 20:45 | | | | | | | |

Kundalini and Special Events

A Kundalini class will replace the normal class in that week.

Kundalini classes are 1 hour and 15 minutes in duration

| Date | Time | Class | Duration |
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| 04-Jun | 10h00 | Breathwork with Sound Healing - Theme: Clarity | 60 minutes |
| 11-Jun | 10h00 | Kundalini and Sound healing | 75 minutes |
| 12-Jun | 17h00 | Strawberry Full Moon Cacao Ceremony | 120 minutes |
| 18-Jun | 10h00 | Kundalini and Sound healing | 75 minutes |
| 19-Jun | 17h00 | Kundalini and Sound healing | 75 minutes |
| 25-Jun | 10h00 | Kundalini and Sound healing | 75 minutes |
| 01-Jul | 18h15 | Breathwork with Sound Healing - Theme: Radiance | 60 minutes |

Class short descriptions

| Class | Focus | Main Teacher | Description |
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| Vin-2-Yin Yoga | Balance Flexibility Spinal health Body toning Deep tissue Core strength | Anca | Our Vin-2-Yin class combines the best of Vinyasa and Yin yoga for a longer class that helps you feel better every day. A very balanced workout that provides strength, flexibility and cardio health. Always 75 Minutes |

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| Restorative Yin & Aromatherapy | Flexibility Mental calm Spinal health Senses | Anca | 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. |
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| Candlelight Vinyasa | Strength Flexibility Balance Mental Calm | Anca | Practice surrounded by candles where you can focus on yourself and forget about everyone else for a while. Slowly move from one asana to the next to build your skill and confidence |
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| Kundalini Yoga and Sound Healing | Breathing Emotional release Crystal Bowl | Diana | Kundalini Yoga is a powerful, fast-acting technique that brings balance to mind, body and soul. Always 75 Minutes |
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| Hatha Yoga | Flexibility Toning Breathing | Freda Teodora | Traditional Yoga that will help you learn the basics while still providing the benefits of stretching and toning. Our Hatha program also enables new teachers to gain experience We only accept certified teachers in our program. |
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| Beginners Aerial | Balance Core strength Flexibility Body awareness Body toning | Anca | 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. |
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| Intermediate Aerial | Balance Core strength Flexibility Body toning Cardio health | Anca | If you are already comfortable with our hammocks and the asanas we teach this class is perfect for you. You will move more, elegantly join asanas together and rarely touch the floor. Watch for the 75 minutes classes. |
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Yoga for Children

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| MindCraft Kids Yoga | Creative fitness Emotional- development | Paula | Ages: 3 - 7. A Unique course that combines physical Yoga practice with Yale's RULER curriculum for emotional development. Developed with all children's needs in mind. |
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| Kids Aerial | Balanced | Anca | Ages: 8 - 13. Teaching our children balance, fitness, strength and unique Aerial movement. Our girls love the freedom of expression Aerial Yoga provides. Note: This is not aerial acrobatics |
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