

Yoga Hotspot Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30 am	Vinyasa 32°C 60 min	Vinyasa 32°C 60 min	Vinyasa 32°C 60 min		Vinyasa 32°C 60 min		
7:00 am						Vinyasa 32°C 60 min	
8:30 am						Vinyasa 32°C 60 min	Beginners 60 min
9:30 am	All Levels 32°C 60 min	Vinyasa 32°C 60 min	All Levels 32°C 60 min	All Levels 32°C 60 min	Vinyasa 32°C 60 min		
10:00 am						All Levels 32°C 60 min	All Levels 32°C 60 min
11:30 am						Power 32°C 90 min	Vinyasa 32°C 60 min
12:15 pm	Vinyasa 32°C 60 min	All Levels 60 min	Yin 60 min	Vinyasa 32°C 60 min	Vinyasa 32°C 60 min		
4:00 pm	Vinyasa 32°C 60 min		All Levels 60 min			Vinyasa 32°C 60 min	Vinyasa 32°C 60 min
4:30 pm		Vinyasa 32°C 60 min		All Levels 60 min	Yin 60 min		
5:45 pm	Power 32°C 75 min		Power 32°C 75 min				Vinyasa 32°C 60 min
6:00 pm				All Levels 32°C 60 min	Vinyasa 32°C 60 min		
6:30 pm		Power 32°C 90 min					
7:30 pm	Vinyasa 32°C 60 min		Vinyasa 32°C 60 min	Vinyasa 32°C 60 min			Yin 60 min