

Yoga Hotspot Standard Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
6:30 am	Vinyasa 32°C 60 min Sujesh	Vinyasa 32°C 60 min Aya	Vinyasa 32°C 60 min Val		Vinyasa 32°C 60 min Kat		
7:00 am						Vinyasa 32°C 60 min Vanessa	
8:30 am						Vinyasa 32°C 60 min David	Beginners 60 min Kat
9:30 am	Beginners 32°C 60 min Sujesh	Beginners 32°C 60 min Aya	Beginners 32°C 60 min Val	Beginners 32°C 60 min David	Beginners 32°C 60 min Shawn		
10:00 am						Beginners 32°C 60 min Val	Beginners 32°C 60 min Val
11:30 am						Power 32°C 90 min Val	Vinyasa 32°C 60 min Val
12:15 pm	Vinyasa 32°C 60 min Sujesh	Beginners 60 min Val	Yin 60 min Vanessa	Vinyasa 32°C 60 min David	Vinyasa 32°C 60 min Shawn		
4:00 pm	Vinyasa 32°C 60 min David		Beginners 60 min David			Vinyasa 32°C 60 min David	Vinyasa 32°C 60 min David
4:30 pm		Vinyasa 32°C 60 min Val		Beginners 60 min Shawn	Yin 60 min David		
5:45 pm	Power 32°C 75 min David		Power 32°C 75 min Kat				Vinyasa 32°C 60 min David
6:00 pm				Beginners 32°C 60 min Shawn	Vinyasa 32°C 60 min David		
6:30 pm		Power 32°C 90 min Val					
7:30 pm	Vinyasa 32°C 60 min David		Vinyasa 32°C 60 min Daivd	Vinyasa 32°C 60 min Val			Yin 60 min David