

# Yoga Hotspot Standard Timetable

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