

Yoga Hotspot Standard Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--------------------------------------|--|--|--|--|--|
| 6:00 am | | | | | | | |
| 6:30 am | Vinyasa 32°C 60 min Val | | Vinyasa 32°C 60 min Judit | | | | |
| 7:00 am | | | | | | Vinyasa 32°C 60 min David | |
| 8:30 am | | | | | | Vinyasa 32°C 60 min David | Beginners 60 min Val |
| 9:30 am | Beginners 32°C 60 min Val | | Beginners 32°C 60 min Judit | Beginners 32°C 60 min David | Beginners 32°C 60 min Judit | | |
| 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 Val | Beginners 60 min Kat | Yin 60 min Judit | Vinyasa 32°C 60 min David | | | |
| 4:00 pm | Vinyasa 32°C 60 min David | | | | | Vinyasa 32°C 60 min David | Vinyasa 32°C 60 min David |
| 4:30 pm | | Vinyasa 32°C 60 min Kat | | Beginners 60 min Jackson | Yin 60 min Judit | | |
| 5:45 pm | Power 32°C 75 min David | | Power 32°C 75 min Emily | | | | Vinyasa 32°C 60 min David |
| 6:00 pm | | | | Beginners 32°C 60 min Jackson | Vinyasa 32°C 60 min Alyssa | | |
| 6:30 pm | | Power 32°C 90 min Kat | | | | | |
| 7:30 pm | Vinyasa 32°C 60 min David | | Vinyasa 32°C 60 min Daivd | | | | Yin 60 min David |