



July 04-10, 2022

TIME	4-Jul	5-Jul Tuesday	6-Jul Wednesday	7-Jul Thursday	8-Jul Friday	9-Jul Saturday	10-Jul Sunday
AM 8:00 - 12:00						Private Group 8:00-9:00	Private Group 08:00-09:00
		Rise & Shine 09:30-10:30	Universal 09:30-10:30	Private Group 09:30-10:30	Private Group 9:00-10:00		
PM 12:00 - 2:00			Yoga Meditation 12:30-1:00			Private Group 12:00-1:00	Private Group 12:00-1:00
		Yoga Meditation 1:00-2:00			Air Yoga Remix 1:00-2:00		
2:00 - 4:00		Private Group 2:30-3:30		Yoga Meditation 2:00-3:00			Yoga Meditation 2:00-3:00
						Yoga Meditation 3:00-3:45	
4:00 - 6:00			Private Group 4:00-5:00				
							Hatha 5:00-6:00
6:00 - 8:00						Stretch & Balance 6:15-7:15	
		Stretch to the Sky L1 7:00-8:00	Long Slow & Deep 7:00-8:00	Hatha 7:00-8:00	Stretch to the Sky L1 7:00-8:00		

For Your Reminder:

- Please arrive at least 10 minutes before Yoga class, and 10 minutes before Air class.
- All the classes will begin on time. Late comers will not be checked-in.
- Please book the night before for next morning's class.
- The type of classes or Instructor is subject to change without prior notice.
- Please be considerate in order to maintain the ambience of the class. Please keep your mobile phones inside the locker.
- Please wear mask upon entering our studio. Relax and we will do the rest.

Cancellation:

- Minimum 4 hours on weekdays, and 24 hours on weekends & public holidays.
- If the required time for cancellation is not met then a class will be deducted from your package.
- Reservation for group classes can be made up to 2 days in advance of the actual class date.