



August 15-21, 2022

TIME	15-Aug Monday	16-Aug Tuesday	17-Aug Wednesday	18-Aug Thursday	19-Aug Friday	20-Aug Saturday	21-Aug Sunday
AM 8:00 - 12:00						Private Group 9:00-10:00	Private Group 09:00-10:00
		Stretch to the Sky L1 09:30-10:30	Private Group 09:30-10:30	Long Slow & Deep 09:30-10:30	Open Up 9:30-10:30		
PM 12:00 - 2:00			Private Group 12:30-1:00				
		Private Group 1:00-2:00			Air Yoga Remix 1:00-2:00	Private Group 1:00-2:00	Private Group 1:00-2:00
2:00 - 4:00		Private Group 2:30-3:30		Private Group 2:00-3:00			Private Group 2:00-3:00
						Private Group 3:00-3:45	
4:00 - 6:00			Private Group 4:00-5:00				
							Air Yoga Remix 5:00-6:00
6:00 - 8:00						Stretch to the Sky L1 6:00-7:00	
		Hatha 7:00-8:00	Air Yoga Remix 7:00-8:00	Hatha 7:00-8:00	Long Slow & Deep 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.