



September 12-18, 2022

TIME	12-Aug Monday	13-Aug Tuesday	14-Aug Wednesday	15-Aug Thursday	16-Aug Friday	17-Aug Saturday	18-Aug Sunday
9:00		Rise & Shine 09:00-10:00	Meditation 45mins 09:00-09:45	Healing Therapy 09:00-10:00		Private Group 9:00-10:00	Private Group 09:00-10:00
10:00						Private Group 10:30-11:30	Private Group 10:30-11:30
11:00							
12:00					Open Up 12:00-1:00		
1:00		Private Group 1:00-2:00			Air Yoga Remix 1:00-2:00		
2:00		Private Group 2:00-3:00	Private Group 2:00-3:00	Private Group 2:00-3:00		Private Group 2:00-3:00	Private Group 2:00-3:00
3:00						Healing Therapy 45mins 3:00-3:45	
4:00			Private Group 4:00-5:00		Healing Therapy 4:00-5:00		Meditation 5:00-6:00
5:00						Stretch to the Sky L1 6:00-7:00	
6:00							
7:00		Hatha 7:00-8:00	Air Yoga Remix 7:00-8:00	Ashtanga 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.