



Weekly Activity Timetable 1st - 31st January 2025

	Timing	Activity	Age	Trainer
Monday	08:00 - 09:00	Box Fit	18 y.o.	Patrick
	09:30 - 10:30	Satyananda Yoga	18 y.o.	Shashi
	11:30 - 12:30	Warrior Flow	18 y.o.	Shashi
	18:30 - 19:30	Stretch	18 y.o.	Shashi
Tuesday	08:00 - 09:00	Warrior Flow	18 y.o.	Shashi
	08:00 - 09:00	LBT class (Leg, butt, tummy) Ladies Only	18 y.o.	Maryna
	09:30 - 10:30	Power Class	18 y.o.	Patrick
	11:30 - 12:30	Satyananda Yoga	18 y.o.	Shashi
	17:00 - 18:00	Mobility	18 y.o.	Shashi
Wednesday	07:00 - 08:00	Energy Class	18 y.o.	Patrick
	08:00 - 09:00	Box Fit	18 y.o.	Patrick
	09:30 - 10:30	Hatha Yoga	18 y.o.	Shashi
	11:30 - 12:30	Pranayam & Breathwok	18 y.o.	Shashi
	16:30 - 17:15	Kids Yoga	< 6 y.o.	Shashi
	17:00 - 18:00	Energy Class	18 y.o.	Patrick
	18:30 - 19:30	Warrior Flow	18 y.o.	Shashi

SCHEDULE NOTES:

- Monday 6th January 2025, Box Fit Classes will start
- Thursday 23rd January 2025, there will be no Stretch & Yoga Classes on this day



Weekly Activity Timetable 1st - 31st January 2025

	Timing	Activity	Age	Trainer
Thursday	08:00 - 09:00	Stretch	18 y.o.	Shashi
	09:30 - 10:30	Box Fit	18 y.o.	Patrick
	11:30 - 12:30	Restorative Yin	18 y.o.	Shashi
	17:00 - 18:00	Sunset Yoga Beach Shoreline	18 y.o.	Shashi
	18:30 - 19:30	Power Class	18 y.o.	Patrick
Friday	08:00 - 09:00	LBT class (Leg, butt, tummy) Ladies Only	18 y.o.	Maryna
	09:30 - 10:30	Box Fit	18 y.o.	Patrick
	17:00 - 18:00	Energy Class	18 y.o.	Maryna
Saturday	08:00 - 09:00	Bootcamp	18 y.o.	Maryna
	09:30 - 10:30	Energy Class	18 y.o.	Maryna
Sunday	08:00 - 09:00	Energy Class	18 y.o.	Maryna
	09:30 - 10:45	Warrior Flow	18 y.o.	Shashi
	11:30 - 12:15	Yoga Nidra	18 y.o.	Shashi
	17:00 - 18:00	LBT class (Leg, butt, tummy) Ladies Only	18 y.o.	Maryna
	18:30 - 19:30	Restorative Yin	18 y.o.	Shashi

CLASS BOOKING REQUIREMENTS

- Kindly note that class schedule may be adjusted during special events and holidays
- ADVANCE Booking is required for all classes.
- For us to provide a safe and well delivered class, please arrive 5 mins before the start of the class.
- Cancellations must be noted 12 hours prior to the class start time to avoid a cancellation fee.