

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30-7.30	BIKRAM						
8.30-10.00						BIKRAM 90	
9.00-10.00	PILATES	VINYASA	PILATES	BIKRAM	IYENGAR 90		
10.30-11.30						BASIC YOGA FREE FOR THE MONTH OF MAY - PLEASE BOOK	YIN
1.00-1.45		BIKRAM FLOW		BIKRAM FLOW	TEACHERS TRAINING COURSE		
4.00-5.00			PREGGY PRACTICE - PLEASE BOOK	VINYASA			
5.15-6.15	VINYASA W CORE	PILATES		PILATES			BIKRAM
5.30-6.30			BIKRAM				
6.35-7.35	BIKRAM	VINYASA		VINYASA			
6.45-7.45			VINYASA W CORE				

INDICATES HEATED

INDICATES NON-HEATED

INDICATES PILATES

INDICATES COURSE

TEACHERS TRAINING COURSE - CURRENTLY RUNNING UNTIL BEGINNING JUNE. NEXT TTC TBC FOR SEPTEMBER

To view more about classes, please visit our Styles Page on our website

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To enquire, please contact info@yamayoga.co.za