

TIMES	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO	HOT STUDIO	YOGALATES STUDIO
6.30-7.30	BIKRAM				BIKRAM									
8.30-9.30				SET SEQUENCE 60	BIKRAM			VINYASA			BIKRAM 75MIN			
9.00-10.00										HATHA 90		PILATES		
9.30-10.30						PILATES				PILATES				
10.00-11.00												VINYASA		YINYASA
5.15-6.15			VINYASA SLIGHTLY HEATED		BIKRAM			BIKRAM			VINYASA ALL LEVELS			
5.30-6.30	VINYASA W CORE			PILATES				PILATES						
6.30-7.30			POWER YOGA		POWER YOGA			VINYASA SLIGHTLY HEATED						
6.35-7.35		COURSE		GENTLE VINYASA		COURSE		GENTLE VINYASA						
6.45-7.45	BIKRAM													

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

INDICATES COURSE

FEBRUARY BIKRAM COURSE
MARCH ARM STRENGTH IN PREP FOR ARM BALANCES
APRIL HANDSTANDS AND MEDITATION
MAY PILATES AND ITS PRINCIPLES

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