

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	BIKRAM 75MIN	
5.30-6.30	VINYASA W CORE	PILATES	BEGINNER PILATES	PILATES			
6.30-7.30		VINYASA ALL LEVELS	STRONG VINYASA	VINYASA ALL LEVELS			
6.35-7.35	COURSE PLEASE BOOK		COURSE PLEASE BOOK				
6.45-7.45	BIKRAM			MEDITATION COURSE			

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

INDICATES COURSE

AUG 200HR TTC  
 AUG BACK TO YOGA BASICS COURSE  
 AUG MEDITATION COURSE  
 SEPT INVERSIONS IN YOGA BASICS COURSE  
 OCT MEDITATION COURSE

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To enquire, please contact [info@yamayoga.co.za](mailto:info@yamayoga.co.za)