

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							45MIN MEDITATION						

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

INDICATES COURSE

MAY PILATES COURSE
MAY MEDITATION COURSE
JUNE 200HR TTC COURSE

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