

TIMES	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6.30-7.30	BIKRAM				BIKRAM									
8.30-9.30				VINYASA	BIKRAM						BIKRAM 90MIN			
9.00-10.00										HATHA 90		PILATES		
9.30-10.30										PILATES				
10.00-11.00														YINYASA
1.00-1.45			LUNCH-TIME VINYASA				LUNCH-TIME VINYASA							
4.15-5.15						PREGGY PRACTICE								
5.15-6.15	VINYASA W CORE		VINYASA SLIGHTLY HEATED	PILATES	BIKRAM		BIKRAM	PILATES		VINYASA ALL LEVELS			BIKRAM 60MIN	
5.30-6.30						BEGINNER PILATES								
6.30-7.30				VINYASA ALL LEVELS			VINYASA ALL LEVELS							
6.45-7.45	BIKRAM				POWER YOGA									

INDICATES HEATED

INDICATES NON/SLIGHTLY-HEATED

INDICATES PILATES

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