



MONDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

TUESDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

WEDNESDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

THURSDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

FRIDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

SATURDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

SUNDAY

08.00 - 09.30
Traditional
Hatha
w/ Christina

10.00 - 11.15
Flow Yoga
w/ Christina

16.00 - 17.15
Hatha Yoga
w/ Christina

17.30 - 18.30
Yoga Nidra
w/ Christina

