



WEEKLY SCHEDULE

30TH OF JANUARY -5TH OF FEBRUARY 2023

MONDAY

08.00-09.15 am
MonYay Yoga
with Sophie
Eco Lake,
Botanic Gardens

TUESDAY

09.30-10.15 am
FREE TRIAL
Toddler Yoga
and Mndfulness
with Angela
Sentosa

10.15-11.00 am
FREE TRIAL
Mums and Bubs
Postnatal Yoga
Fit with Angela
Sentosa

16.30-18.00 pm
Kids Aerial Yoga
and
Mindfulness/
Yoga
with Angela
Mindful Space

WEDNESDAY

07.00-08.15 am
Early Rise
with Angela
Hwee Cover
Eco Lake,
Botanic Gardens

08.30-09.45 am
Shine&Rise
with Angela
Hwee Cover
Eco Lake,
Botanic Gardens

18.15-19.15 pm
Power Yoga
with Angela
Balanced Living

19.30-20.45 pm
Yin / Restorative
Yoga
with Angela
Balanced Living

THURSDAY

08.30-09.30 am
Zen
Yoga/Beginners
with Angela
Balanced Living

FRIDAY

08.00-09.00 am
Gentle Yoga
with Hwee
Eco Lake,
Botanic Gardens

SATURDAY

08.30-09.45 am
Feel Good Yoga
with Heather
Eco Lake,
Botanic Gardens

13.30-15.00 pm
Teenager Aerial
Yoga and
Mindfulness/
Yoga
with Angela
Mindful Space

BOOKING & INFO: AY-YOGA-AY.COM