



# WEEKLY SCHEDULE

28TH OF OCT - 3RD OF NOV 2024

MONDAY

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

TUESDAY

11.30-12.30 pm  
Corporate Yoga  
South 32  
with Angela  
Raffles City

11.30-12.30 pm  
Corporate Yoga  
Mott McDonald  
with Bee Lee  
Gateway East

WEDNESDAY

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

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

18.15-19.15 pm  
Power Yoga  
with Angela  
Balanced Living

19.30-20.30 pm  
Yin / Restorative  
Yoga  
with Angela  
Balanced Living

THURSDAY

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

FRIDAY

07.30-08.30 am  
Gentle Yoga  
with Hwee  
Eco Lake,  
Botanic Gardens

SATURDAY

BOOKING & INFO: [AY-YOGA-AY.COM](http://AY-YOGA-AY.COM)