



WEEKLY SCHEDULE

10TH - 16TH OF MARCH 2025

MONDAY

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

TUESDAY

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

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

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