



# WEEKLY SCHEDULE

15TH OF 21ST OF JULY 2024

MONDAY

08.30-09.30 am  
MonYay Yoga  
with tba  
Eco Lake,  
Botanic Gardens

TUESDAY

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

WEDNESDAY

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

08.30-09.30 am  
Shine and Rise  
with Angela  
Eco Lake,  
Botanic Gardens

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

THURSDAY

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

FRIDAY

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

SATURDAY

08.30-09.30 am  
Feel Good Yoga  
with Bee Lee  
Eco Lake,  
Botanic Gardens

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