



WEEKLY SCHEDULE

30TH OF SEPT-6TH OF OCTOBER 2024

MONDAY

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

TUESDAY

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

11.30-12.30 pm
Corporate Yoga
Mott McDondald
with Vanessa
Gateway East

WEDNESDAY

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

08.30-09.45 am
Shine&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 Angela
Balanced Living

FRIDAY

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

SATURDAY

08.30-09.45 am
Saturday Feel
Good Class
with Bee Lee
Eco Lake,
Botanic Gardens

BOOKING & INFO: AY-YOGA-AY.COM