



Weekly Schedule

26th of Sep - 2nd of Oct 2022

MONDAY

08.00 - 09.15 am

MonYay Yoga
with Sophie
Botanic Gardens

19.00 - 20.15 pm

Power Yoga Serangoon
with Angela
Indoor Studio at
45 Burgley Drive

TUESDAY

07.30 - 08.30 am

Morning Flow Yoga
with Angela
Trizon Condo

WEDNESDAY

07.00 - 08.15 am

Rise and Shine Yoga
with Angela @ Botanic

08.30 - 09.45 am

Rise and Shine Yoga
with Angela @ Botanic

18.15 - 19.15 pm

Power Yoga and Core Fit
Balanced Living Space

19.30 - 20.30 pm

Yin/Restorative Yoga
Balanced Living Space

THURSDAY

08.30 - 09.30 am

Zen Yoga/Beginners
with Angela
Balanced Living Space

FRIDAY

08.00 - 09.00 am

Friday Morning Yoga
with Hwee
Botanic Gardens

SATURDAY

08.30 - 09.45 am

Feel Good Yoga
with Heather
Botanic Gardens

08.30 - 09.45 am

Saturday Morning Yoga
with Angela
Fort Canning Park