

Laya Yoga Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6.00 – 7.00AM	Slow Flow	Hot Yoga	Pilates	Shakti Flow	Sun Salutation
9.30 – 10.30AM	Flow & Yin	Slow Flow	Hot Yoga	Slow Flow	Yin Yoga
4.45 – 5.30PM	-	Kids Yoga	Kids Yoga	-	-
5.00 – 6.00PM	Hot Flow & Release	-	-	-	Yin+Meditation
6.15 – 7.15PM	Shakti Flow	Yin Yoga	Flow & Align	Hot Yoga	Pilates
7.30 – 8.30PM	Flow & Yin	Mindful Flow & Restoration	Yin Yoga	Hot Hatha + Chill	-
	Saturday	Sunday			
7.00 – 8.30AM	The Complete Package	-			
8.30 – 9.30AM	-	Hot Yoga			
9.00 – 10.00AM	Breath Flow				
11.00 – 11.45AM	-	Kids Yoga			
5.00 – 6.00PM	-	Sound & Yin			

