YOGA CLASS

Ananda Marga

DIDI

CHIN LENG

EDWIN

PADMINII

DORAH

RINA

CARINE

ELSIE

FOC (Zoom)

Weekdays	7:30am - 9:00am	Didi	Rájádhirája Yoga
Mon	11:30am - 12:30pm	Edwin	Yoga/Meditation
Thu	8:00pm - 9.00pm	Carine	Dance Movement Therapy
Thu	9.30pm - 10.15pm	Elsie	Yoga Nidra (Sleep Yoga)

Asanas (Zoom)

Wed	12.30pm - 1.30pm	Chin Leng	Infiniti Yoga
Wed	7:00pm - 8.00pm	Jaime	Yoga Stretch & Alignment

Asanas (Physical)

Mon	10:00am - 11.30am	Chin Leng	Senior Yoga
Tue	10:00am - 12.15pm	Dorah	Hatha Gentle Flow/Yin Yoga
Wed	10.00am - 11.30am	Chin Leng	Infiniti Yoga
Thu	10:00am - 12.15pm	Rina	Flow & Yin Yoga

Asanas (Hybrid)

Tue	7:00pm - 8.00pm	Edwin	8-Essence Qigong
Sun	10:00am - 11.00am	Carlyn	Kids Yoga
Sun	11:00am - 12.00pm	Padminii	Themed Yoga

WHATSAPP
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