

# AVANTE YOGA SCHEDULE DECEMBER 2018

RESERVATION REQUIRED, CALL [62270780](tel:62270780)



	8.00am – 9.00am (1 Hour)	9.30am – 10.30am (1 Hour)	12.10pm – 1.00pm (50 Minutes)	1.10pm – 2.00pm (50 Minutes)	6.00pm - 6.50pm (50 Minutes)	7.00pm – 8.00pm (1 Hour)	8.10pm – 9.00pm (50 Minutes)
MON	YOGA STRETCH	RESTORATIVE YOGA	YOGALATES	RESTORATIVE HOT YOGA	YOGA STRESS RELIEF	YOGALATES	GENTLE YOGA
TUE	-	-	RESTORATIVE YOGA	YOGALATES	VINYASA	YOGA STRESS RELIEF	WEIGHT LOSS & DETOX HOT YOGA *New*
WED	RESTORATIVE YOGA	YOGA STRETCH	GENTLE YOGA	WEIGHT LOSS & DETOX HOT YOGA *New*	RESTORATIVE HOT YOGA	ASHTANGA	YOGA STRESS RELIEF
THU	-	-	WEIGHT LOSS & DETOX HOT YOGA *New*	GENTLE YOGA	HATHA MULTI	GENTLE YOGA	HATHA
FRI	YOGALATES	GENTLE YOGA	YOGA STRESS RELIEF	HATHA	RESTORATIVE YOGA	WEIGHT LOSS & DETOX HOT YOGA *New*	-
SAT	-	10.15am – 11.15am HATHA	11.30am – 12.30pm RESTORATIVE HOT YOGA	-	-	2.00pm – 3.00pm GENTLE YOGA	3.15pm – 4.15pm HATHA
SUN	-	10.15am – 11.15am GENTLE YOGA	11.30am – 12.30pm WEIGHT LOSS & DETOX HOT YOGA *New*	-	-	2.00pm – 3.00pm RESTORATIVE YOGA	3.15pm – 4.15pm ASHTANGA

Black – Beginner / Green – Intermediate / Red – Advanced

**Please note:**

Minimum of 5 students for commencement.  
 Please arrive 10 minutes before class start.  
 No mobile phones allowed during class.  
 Try not leave the yoga studio until class's over.

Pls note our schedule for Christmas Eve (24<sup>th</sup> December 18) :-

10.15-11.15am: Hatha  
 11.30-12.30pm: (Hot) Restorative Yoga

No classes on 01<sup>st</sup> (Renovation) & 25<sup>th</sup> Dec 2018 (Xmas!)

Hot Yoga intergration with other classes will commence on 05<sup>th</sup> Dec 18 under (HOT). Classes on 1-4<sup>th</sup> Dec remains normal.



[www.facebook.com/avantefacebodyyoga](https://www.facebook.com/avantefacebodyyoga)

[www.avante.com.sg](http://www.avante.com.sg)