

AVANTE YOGA SCHEDULE JANUARY 2019 RESERVATION REQUIRED, CALL 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 (UPPER)	WEIGHT LOSS & DETOX HOT YOGA	RESTORATIVE (LOWER)	YOGA STRESS RELIEF	YOGALATES	RESTORATIVE (LOWER)
TUE	-	-	RESTORATIVE (UPPER)	YOGALATES	VINYASA	YOGA STRESS RELIEF	HOT YOGALATES
WED	RESTORATIVE (UPPER)	HATHA	RESTORATIVE (LOWER)	WEIGHT LOSS & DETOX YOGA	RESTORATIVE HOT (UPPER)	ASHTANGA	YOGA STRESS RELIEF
THU	-	-	ASHTANGA	RESTORATIVE HOT (LOWER)	HATHA MULTI	RESTORATIVE (LOWER)	WEIGHT LOSS & DETOX YOGA
FRI	YOGALATES	RESTORATIVE (LOWER)	YOGA STRESS RELIEF	HATHA	RESTORATIVE (UPPER)	WEIGHT LOSS & DETOX HOT YOGA	-
SAT	-	10.15am – 11.15am YOGA STRETCH	11.30am – 12.30pm RESTORATIVE HOT (UPPER)	-	-	2.00pm – 3.00pm RESTORATIVE (LOWER)	3.15pm – 4.15pm HATHA
SUN	-	10.15am – 11.15am RESTORATIVE (LOWER)	11.30am – 12.30pm WEIGHT LOSS & DETOX HOT YOGA	-	-	2.00pm – 3.00pm RESTORATIVE (UPPER)	3.15pm – 4.15pm ASHTANGA

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.

Black – Beginner / Green – Intermediate / Red – Advanced / **HOT** – Hot Yoga

Pls note our schedule for New Year's Day (01st January 19) :-

- 10.15-11.15am: **Yoga Stretch**
- 11.30-12.30pm: Restorative Hot Yoga (Upper)
- 2.00-3.00pm: Restorative Yoga (Upper)
- 3.15-4.15pm: **Hatha**

Hot Yoga intergration will commence on early Jan 2019. Apologies for the delay!



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