

# AVANTE YOGA SCHEDULE MAY 2019 RESERVATION REQUIRED, CALL [62270780](tel:62270780)



|     | 8.15am – 9.15am<br>(1 Hour) | 9.30am – 10.30am<br>(1 Hour)             | 12.10pm – 1.00pm<br>(50 Minutes)                         | 1.10pm – 2.00pm<br>(50 Minutes)     | 6.00pm - 6.50pm<br>(50 Minutes) | 7.00pm – 8.00pm<br>(1 Hour)            | 8.10pm – 9.00pm<br>(50 Minutes)     |
|-----|-----------------------------|--|--|-------------------------------------|---------------------------------|--|-------------------------------------|
| MON | YOGA STRETCH                | YOGALATES                                | WEIGHT LOSS & DETOX <b>HOT</b> YOGA                      | RESTORATIVE (UPPER)                 | YOGA STRESS RELIEF              | YOGALATES                              | RESTORATIVE (LOWER)                 |
| TUE | -                           | -  | ASHTANGA   | RESTORATIVE (LOWER)                 | RESTORATIVE (UPPER)             | WEIGHT LOSS & DETOX <b>HOT</b> YOGA    | -                                   |
| WED | RESTORATIVE (UPPER)         | HATHA                                    | YOGA STRESS RELIEF                                       | YOGA STRETCH                        | HATHA MULTI                     | RESTORATIVE (LOWER)                    | WEIGHT LOSS & DETOX <b>HOT</b> YOGA |
| THU | -                           | -  | RESTORATIVE (UPPER)                                      | YOGALATES                           | <b>HOT</b> YOGALATES (BACK)     | ASHTANGA                               | YOGA STRESS RELIEF                  |
| FRI | YOGALATES                   | RESTORATIVE (UPPER)                      | HATHA  | WEIGHT LOSS & DETOX <b>HOT</b> YOGA | VINYASA                         | YOGA STRESS RELIEF                     | YOGA STRETCH                        |
| SAT | -                           | 10.15am – 11.15am<br>ASHTANGA            | 11.30am – 12.30pm<br><b>HOT</b> YOGALATES (BACK)         | -                                   | -                               | 1.45pm – 2.45pm<br>RESTORATIVE (LOWER) | 3.00pm – 4.00pm<br>HATHA            |
| SUN | -                           | 10.15am – 11.15am<br>RESTORATIVE (LOWER) | 11.30am – 12.30pm<br>WEIGHT LOSS & DETOX <b>HOT</b> YOGA | -                                   | -                               | 1.45pm – 2.45pm<br>RESTORATIVE (UPPER) | 3.00pm – 4.00pm<br>VINYASA          |

**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 Labor Day & Vesak Day (01<sup>ST</sup> & 20<sup>th</sup> May 19) :-

10.15-11.15am: **Ashtanga**  
 11.30-12.30pm: **Yoga Stretch**



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