



ONLINE LIVE CLASS SCHEDULE : OCTOBER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM	Morning Stretch Ginny		Vinyasa Yoga Ginny			Yin Yoga Phoebe	
9:00 AM			Upper back & shoulder relief Erica		Hatha Yoga Josephine	Vinyasa Flow Gabrielle	Vinyasa Yoga Ginny
10:30 AM	Stretch n relax Farhat	Hatha Flow <i>Joanie</i>	Flow With Me Sandy	Spine health Farhat	Core yoga Farhat		
12:00 PM			Lower Back Flexibility Erica	Yin Yoga Josephine			
5:00 PM	Back Therapy Evelyn	Zest With Me Sandy	Hamstrings Gabrielle	Heart opening Noopur			
6:30 PM			Hip Mobility Erica	Core Yoga Josephine Chan			
8.00 PM							Stretch & Relax Joanie
9:00 PM	and Mind Relax Andrea	Yin Yoga Joanie	flow and Pranay Andrea	Stretch Flow Joanie			

Every session is 60 mins.