

FIT LAB CAUSEWAYBAY Yoga Class Timetable ACTIVE FROM 03/01/2022

		Beginner practitioner Yoga Fit	Serious practitioner Calm Your Mind	Care Your Body	January 2022			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning		11:15-12:15 Deep Stretch Agnes	11:15-12:15 Aroma Yoga Alice	11:30-12:30 Yoga Therapy Janet	11:30-12:30 Yoga Stretch Stella	11:30-12:30 Alignment Focus Janet	10:30-11:30 Slow Flow Elle	10:30-11:30 Sun Salutation Beverly
							11:45-12:45 Aroma + Yin Elle	11:45-12:45 Hip Mobility Beverly
Afternoon		12:30-13:30 Yoga for Healthy Spine Agnes	12:30-13:30 Back Care Alice	12:45-13:45 Hatha Janet	12:45-13:45 Power Yoga Stella	12:45-13:45 Vinyasa Janet	13:00-14:00 Yoga Balance Elle	13:00-14:00 Yoga Strength Beverly
							14:30-15:30 Aerial Stretch Sara (English)	14:30-15:30 Yin + Singing bowl Molly
							15:45-16:45 Back Care Sara (English)	15:45-16:45 Yoga Wheel Molly
Evening		17:30-18:30 Vinyasa Sherry	17:30-18:30 Hatha Agnes	17:30-18:30 Upper back & Shoulder Flexibility Janet	17:30-18:30 Inversion Beginner Stella	17:30-18:30 Back Bend Agnes		
		18:45-19:45 Aerial Beginner Sherry	18:45-19:45 Yoga For Office Workers Agnes	18:45-19:45 Hatha Molly	18:45-19:45 Candlelight + Yin Georgi (English)	18:45-19:45 Hatha Basic Stella	Studio occupied Yoga Teacher Training until 22 Jan	Studio occupied Yoga Teacher Training until 22 Jan
		20:00-21:00 Aroma + Yin Sherry	20:00-21:00 Vinyasa Agnes	20:00-21:00 Relaxing Stretch+Singing Bowl Molly	20:00-21:00 De- stress Yoga Georgi (English)	20:00-21:00 Yoga For Better Sleep Stella		

Booking policy: <https://www.fitlabhk.com/booking-policy>