

FIT LAB SHEUNG WAN Yoga Class Timetable

ACTIVE FROM 06/01/2022

Beginner practitioner	Serious practitioner
Yoga Fit	Calm Your Mind
	Care Your Body

		January 2022						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning		07:30-08:30 Vinyasa Georgi (English)	07:30-08:30 Sun Salutation Georgi (English)		07:30-08:30 Hatha Arvind (English)	07:30-08:30 Gentle Stretch KATHY		
							10:30-11:30 Yin Yang Gladys	10:30-11:30 Aerial Yoga Sherry
		11:15-12:15 Aerial Dance Alice	11:30-12:30 Hatha Janet	11:15-12:15 Aroma Yoga Molly	11:15-12:15 Yoga Wheel Sara (English)	11:15-12:15 Slow Flow Elle	11:45-12:45 Pos-natal Yoga Gladys	11:45-12:45 Yoga Stretch Sherry
Afternoon		12:30-13:30 Gentle Stretch Alice	12:45-13:45 De-Stress Yoga Janet	12:30-13:30 Yoga For Office Workers Molly	12:30-13:30 Upper Back & Shoulder Flexibility Sara (English)	12:30-13:30 Hatha Elle	13:00-14:00 Vinyasa Gladys	13:00-14:00 Yoga Wheel Sherry
							14:30-15:30 Back Bend Kathy	14:30-15:30 Inversion Kathy
							15:45-16:45 Advance Kathy	15:45-16:45 Yoga Balance Beverly
Evening		17:30-18:30 Yoga Strength Arvind (English)	17:30-18:30 Yoga Wheel Calissa	17:30-18:30 Aerial Stretch Sara (English)	17:30-18:30 Deep Stretch Calissa	17:30-18:30 Hip Mobility Arvind (English)	17:00-18:00 Yoga For Healthy Spine Beverly	
		18:45-19:45 Digest + Detox Yoga Georgi (English)	18:45-19:45 Vinyasa Calissa	18:45-19:45 Yoga For Better Sleep Elle	18:45-19:45 Back Care Calissa	18:45-19:45 Back Care Arvind (English)		
		20:00-21:00 Yin + Singing bowl Chris	20:00-21:00 Aroma + Relaxing Stretch Chris	20:00-21:00 Vinyasa Elle	20:00-21:00 Gentle Flow Calissa	20:00-21:00 Candlelight Yin Arvind (English)		

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