



## AVANTE YOGA CLASS SCHEDULE APRIL 2024

**402 ORCHARD ROAD, DELFI ORCHARD, #05-03 to 07, 238876 Tel: 65-6365 6869**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
8:00AM-9:00AM	HATHA YS		YOGA PILATES TRUDY		YOGA STRETCH YS	9:30AM-10:30AM	I-HOT YOGALATES (BACK) YS	DUMBBELL YS
9:15AM-10:15AM	WEIGHT LOSS & DETOX HOT YOGA YS		YOGA FLOW TRUDY		BACKBEND YS	10:45AM-11:45PM	INVERSION YS	WEIGHT LOSS & DETOX HOT YOGA YS
12:00PM-1:00PM	DUMBBELL DIANA	YOGA THERAPY (LOWER) DIANA	YOGA STRESS RELIEF TRUDY		I-HOT SLIMMING YOGA YS	12:00PM-1:00PM	YOGA THERAPY (LOWER) DIANA	ASHTANGA TRUDY
1:10PM-2:10PM	YOGA THERAPY (UPPER) DIANA	YOGA STRETCH DIANA	HATHA TRUDY	HIP OPENING DIANA	YOGA THERAPY (LOWER) YS	1:15PM-2:15PM	HATHA DIANA	YOGA THERAPY (UPPER) TRUDY
6:15PM-7:15PM	HIP OPENING YS	DUMBBELL DIANA		BACKBEND YS	YOGA PILATES TRUDY			
7:30PM-8:30PM	I-HOT SLIMMING YOGA YS	YOGA PILATES DIANA	YOGA THERAPY (UPPER) TRUDY	HATHA DIANA	YOGA STRESS RELIEF TRUDY			
8:40PM-9:40PM	INVERSION YS		WEIGHT LOSS & DETOX HOT YOGA TRUDY	YOGA STRESS RELIEF DIANA	YOGA STRETCH TRUDY			

\*Minimum of 3 students for commencement

BLACK-BEGINNER/BLUE-INTERMEDIATE/RED-ADVANCED/I-HOT YOGA

\*Please arrive 10 minutes before class starts

\*No mobile phone allowed during classes

\*Do not leave the yoga studio until class is over