



AVANTE YOGA CLASS SCHEDULE DEC 2024

402 ORCHARD ROAD, DELFI ORCHARD #05-06, 238876 WA: 65-8934 5168

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
12:00PM-1:00PM	DUMBBELL DIANA	AERIAL BASIC JIA ER	HATHA TRUDY		YOGA THERAPY (UPPER) TRUDY	1:15PM-2:15PM	WHEEL YOGA JIA ER	ASHTANGA TRUDY
1:10PM-2:10PM	HIP OPENING DIANA	HATHA JIA ER	YOGA STRESS RELIEF TRUDY		YOGA FLOW TRUDY	2:30PM-3:30PM	AERIAL BASIC JIA ER	YOGA THERAPY (LOWER) TRUDY
6:30PM-7:30PM	PILATES RESISTANCE BAND DIANA	AERIAL BASIC RACHEL	YOGA STRETCH TRUDY		WHEEL YOGA JIA ER			
7:00PM-8:00PM				BACKBEND TRUDY				
7:45PM-8:45PM	AERIAL BASIC RACHEL	YOGA THERAPY (LOWER) RACHEL	YOGA FLOW TRUDY		AERIAL BASIC JIA ER			
8:15PM-9:15PM				YOGA THERAPY (UPPER) TRUDY				

- *Minimum of 3 students for commencement
- *Please arrive 10 minutes before class starts
- *No mobile phone allowed during classes
- *Do not leave the yoga studio until class is over

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

Public Holiday: Christmas Day 25th December