



## AVANTE YOGA CLASS SCHEDULE JAN 2025

**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	<b>PILATES RESISTANCE BAND</b> DIANA	AERIAL BASIC JIA ER	<b>HATHA</b> TRUDY		YOGA THERAPY (UPPER) TRUDY	1:15PM-2:15PM	<b>WHEEL YOGA</b> JIA ER	<b>ASHTANGA</b> TRUDY
1:10PM-2:10PM	HIP OPENING DIANA	<b>HATHA</b> JIA ER	YOGA STRESS RELIEF TRUDY		<b>YOGA FLOW</b> TRUDY	2:30PM-3:30PM	AERIAL BASIC JIA ER	YOGA THERAPY (LOWER) TRUDY
6:30PM-7:30PM	<b>DUMBBELL</b> DIANA	AERIAL BASIC RACHEL	YOGA STRETCH TRUDY		<b>WHEEL YOGA</b> JIA ER			
7:00PM-8:00PM				<b>BACKBEND</b> TRUDY				
7:45PM-8:45PM	AERIAL BASIC RACHEL	YOGA THERAPY (LOWER) RACHEL	<b>YOGA FLOW</b> 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: 1 January 2025 New Year's Day

29 & 30 January 2025 Chinese New Year