



AVANTE YOGA CLASS SCHEDULE APRIL 2025

402 ORCHARD ROAD, DELFI ORCHARD #05-06, 238876 WA: 8685 3519

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	SATURDAY	SUNDAY
12:00PM-1:00PM		AERIAL BASIC JIA ER	HATHA TRUDY			1:15PM-2:15PM	VINYASA JIA ER	HATHA TRUDY
1:10PM-2:10PM		HATHA JIA ER	YOGA STRESS RELIEF TRUDY			2:30PM-3:30PM	AERIAL FLOW JIA ER	YOGA THERAPY (LOWER) TRUDY
6:30PM-7:30PM	HOT SLIMMING GRACE	AERIAL BASIC RACHEL	YOGA STRETCH TRUDY		WHEEL YOGA JIA ER			
7:00PM-8:00PM				YOGA PILATES 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

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

*Please arrive 10 minutes before class starts

Close on holiday: Good Friday 18th April 2025

*No mobile phone allowed during classes

*Do not leave the yoga studio until class is over