

Season 2023-2024

# YOGA/GARUDA SCHEDULE

## Monday

FIT to YOGA 11:00

Garuda method  
Pilates/Yoga/Barre  
19:00

## Tuesday

Yoga flow 9:00

Yoga flow 19:00

## Wednesday

Calm & strong Yoga  
11:30

Garuda method  
Pilates/Yoga/Barre  
19:00

## Thursday

FIT to YOGA 08:45

Yoga flow 19:00

## Friday

Garuda method  
Pilates/Yoga/Barre  
10:00

Calm & strong Yoga  
11:30

## Saturday

Breathwork/Sound  
therapy/Meditation  
09:45

Yoga flow 11:00