

Schedule for 2019				
	Type of class	Time	Instructor	Level
Monday	Pre-Natal Yoga	10:00-11:00am	Gerri	Private Class
Wednesday	Hatha	8:00 - 9:00am	Ra	All
	Pre-Natal Yoga	10:00 - 11:00am	Gerri	Private Class
Thursday	Kids Yoga	4:45 - 5:45pm	Ra	Private Class
Friday	Pre-Natal Yoga	2:30 - 3:30	Gerri	Private Class
Saturday	Hatha	9:00 - 10:00am	Ra	All
Sunday	Gentle Flow	9:00 - 10:00am	Alia	All

Kindly BOOK your mat space at least 12 hrs prior to class time. Private group classes or one to one sessions can be arranged upon request. Please email/DM/insta message: yogaspacel@gmail.com/0122848624/yoga_space!. Thank you!