

Schedule for 2019				
	Type of class	Time	Instructor	Level
Monday	Yoga for Cyclists (open to non-cyclists too)	8:00 - 9:00pm	Ra	All
	Pre-Natal Yoga	10:00-11:00am	Gerri	Private Class
Wednesday	Hatha	8:00 - 9:00am	Ra	All
Thursday	Pre-Natal Yoga	10:00 - 11:00am	Gerri	Private Class
	Kids Yoga	4:45 - 5:45pm	Ra	Private Class
	Hatha	7:00 - 8:00pm	Ra	All
Friday	Hatha	8:00 - 9:00am	Ra	All
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!