

MADERA YOGA . GROUP CLASS SCHEDULE -July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Therapy Marla 13:00 - 14:00	Yoga Therapy Marla 13:00 - 14:00	Vinyasa Mix Doris Wan 13:00 - 14:00	Aerial Flow Samantha 13:15 - 14:15	Detox Yoga Sara Shu 13:00 - 14:00	Deep Stretch Karina 11:00 - 12:00	Yoga Ball Kimmy 11:00 - 12:00
Wall rope + Chair (Relaxation) Marla 14:00 - 15:00	32°C Warm Stretch Trazy 13:15 - 14:15	Aerial Basic Marla 14:00 - 15:00	Back & Shoulder Care Samantha 17:45 - 18:45	Aerial Flow Chloe Liu 14:15 - 15:15	Yoga Therapy Marla 11:30 - 12:30	Gong Meditation Yoga Wayne 11:00 - 12:00
Wall Rope (Core training) Marla 18:45 - 19:45	Wall rope + Chair (Relaxation) Marla 14:00 - 15:00	Arm Balance & Inversion Chantal 15:00 - 16:00	Yoga Ring Edward Chan 18:45 - 19:45	Hatha II (Intermediate) Prudence 16:00 - 17:00	Aerial Basic Karina 12:30 - 13:30	32°C Deep Stretch Marla 11:30 - 12:30
Warm up & stretch Pui Yi 19:00 - 20:00	Aerial Stretch Marla 18:00 - 19:00	Wall Yoga (Backbend) Angela 16:00 - 17:00	Backbend + Inversion Samantha 19:00 - 20:00	Wall Yoga (Backbend) Angela 17:45 - 18:45	Aerial flow (Beginner) Nicole Ho 14:00 - 15:00	Wheel Yoga Alice Tang 13:00 - 14:00
Yin Yoga Marla 19:45 - 20:45	Backbend + Inversion Samantha 18:45 - 19:45	Aerial Flow Chloe Liu 18:30 - 19:30	32°C Flow Yoga Karen You 19:30 - 20:30	Deep Stretching Kelly Lin 18:45 - 19:45	Wheel Yoga Chantal 14:30 - 15:30	Dance Flow Yoga Piu Yi 14:00 - 15:00
Hip Opening Marla 20:45 - 21:45	Wall Rope + Chair (Alignment) Marla 19:00 - 20:00	Hip Opening Kelly Lin 19:00 - 20:00	Myofascial Release Edward Chan 20:00 - 21:00	Wheel Yoga Alice Tang 19:30 - 20:30	Pilates Nicole Ho 15:00 - 16:00	Full Body Stretch Kimmy 14:00 - 15:00
	Singing Bowl + Restorative Wayne 19:30 - 20:30	Core Yoga Marla 19:15 - 20:15	Aerial Flow Karen You 20:30 - 21:30	Aerial Flow Kelly Lin 19:45 - 20:45	Arm Balance & Inversion Chantal 15:30 - 16:30	
	Aroma Restorative Aerial Marla 20:15 - 21:15	Detox & Digest Kelly Lin 20:15 - 21:15		Warm Stretch Alice Tang 20:45 - 21:45		
		Chest opening + back care Marla 20:30 - 21:30		Aerial Flow (Intermediate) Bonnie Lam 21:15 - 22:15		

Aerial
 Aerial Therapy
 Mat
 Warm
 Restorative
 Wall rope