

GROUP CLASSES

SEPTEMBER-OCTOBER 2025

HAMMOCK
Wellness Centre

MONDAY

**WOMENS
VINYASA
YOGA FLOW**

7:00-8:15
RANA

**PRIVATE/
SEMI-PRIVATE**

available
upon request

**PILATES
CARDIO**

18:00-19:00
MARILENA

**INTUITIVE
VINYASA YOGA**

19:15-20:30
RANA

TUESDAY

QIGONG

8:15-9:15
EFFIE

**PRIVATE/
SEMI-PRIVATE**

available
upon request

**VINYASA
YOGA FLOW**

18:00-19:00
RANA

**ASHTANGA
YOGA**

HALF-SERIES
19:15--20:45
ALEXANDRA

WEDNESDAY

**PRIVATE/
SEMI-PRIVATE**

YOGA
YOGA THERAPY

**QI GONG
CLASSES**

available
upon request

**PILATES
MAT**

18:00-19:00
MARILENA

**INTUITIVE
VINYASA YOGA**

19:15-20:30
RANA

THURSDAY

QIGONG

8:15-9:15
EFFIE

**PRIVATE/
SEMI-PRIVATE**

available
upon request

**PRENATAL
YOGILATES**

18:00-18:50
ESMERALDA

YOGILATES

19:15-20:15
ESMERALDA

FRIDAY

**ASHTANGA
YOGA**

HALF-SERIES
8:15--9:45
ALEXANDRA

**PRIVATE/
SEMI-PRIVATE**

available
upon request

**POWER VINYASA
YOGA**

18:00-19:00
MARILENA

**PRIVATE/
SEMI-PRIVATE**

available
upon request

SATURDAY

**PRIVATE/
SEMI-PRIVATE**

YOGA
YOGA THERAPY

**QI GONG
CLASSES**

available
upon request



* NO DROP-INS - ALL PACKAGES MUST BE PREPAID WITH SPECIFIC DAYS/TIMES

* BOOKINGS DIRECTLY WITH INSTRUCTORS

* IN CASE OF INTERNATIONAL TRAININGS, YOU WILL BE NOTIFIED IN ADVANCE IF THIS AFFECTS YOUR CLASS PROGRAM