SCHEDULE SPRING SUMMER 2023

HAMMOCK
Wellness Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA FOR BEGINNERS 8:00-9:00 Nidhi	**YOGA BALANCE** 7:30-8:30 Derek	**MORNING YOGA** 8:00-9:00 Nidhi	**VINYASA FLOW YOGA** 7:30-8:30 Derek	**MORNING YOGA** 8:00-9:00 Nidhi
PRIVATE/ SEMI-PRIVATE CLASS available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request
ASHTANGA YOGA BEGINNERS 17:30- 18:30 Derek	**PRENATAL YOGILATES** 17:30-18:20 Esmeralda	**PILATES MAT** 17:30 - 18:30 Marilena	**PRENATAL YOGILATES** 17:30-18:20 Esmeralda	**POWER VINYASA YOGA** 17:30 - 18:15 Marilena
PILATES CARDIO 18:50 - 19:50 Marilena	**YOGA BLISS BODY & MIND** 18:45 - 20:15 Nidhi Mishra	**HATHA FLOW YOGA** 18:50- 19:50 Marilena	**YOGILATES** 18:40-19:40 Esmeralda	**YIN YOGA RELAXATIONS** 18:30-19:30 Derek
PRIVATE/ SEMI-PRIVATE CLASS available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request	**PRIVATE/ SEMI-PRIVATE CLASS** available upon request

** YOGA BLISS is an independent 90 minute class (Not included in combination packages, but has its own package)

** All packages & single classes are strictly prepaid with specific selection of days & times at least 24 hrs in advance