

GROUP CLASSES

JUNE 2025

HAMMOCK
Wellness Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WOMENS VINYASA YOGA FLOW 8:30-9:45 RANA	QIGONG 8:15-9:15 EFFIE	PRIVATE/ SEMI-PRIVATE YOGA YOGA THERAPY QI GONG CLASSES available upon request	QIGONG 8:15-9:15 EFFIE	ASHTANGA YOGA RITUAL <i>HALF-SERIES</i> 8:15--9:45 ALEXANDRA	YOGA FOR EVERYBODY 9:00-10:00 NIDHI
PRIVATE/ SEMI-PRIVATE available upon request	PRIVATE/ SEMI-PRIVATE available upon request	PRIVATE/ SEMI-PRIVATE available upon request	PRIVATE/ SEMI-PRIVATE available upon request	PRIVATE/ SEMI-PRIVATE available upon request	PRIVATE/ SEMI-PRIVATE available upon request
PILATES CARDIO 18:00-19:00 MARILENA	INTUITIVE VINYASA YOGA 18:00-19:00 RANA	PILATES MAT 18:00-19:00 MARILENA	PRENATAL YOGILATES 18:00-18:50 ESMERALDA	POWER VINYASA YOGA 18:00-19:00 MARILENA	
HATHA YOGA 19:15-20:15 NIDHI	ASHTANGA YOGA RITUAL <i>HALF-SERIES</i> 19:15--20:45 ALEXANDRA	HATHA YOGA 19:15-20:15 NIDHI	YOGA & MEDITATION 19:15-20:15 BANDANA	PRIVATE/ SEMI-PRIVATE 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