

YOGA & PILATES MARCH 2024

HAMMOCK
Wellness Centre

MONDAY

GENTLE YOGA

8:00-9:00
NIDHI

PRIVATE/ SEMI-PRIVATE

available
upon request

PILATES CARDIO

18:00-19:00
MARILENA

HATHA YOGA

19:15-20:15
NIDHI

TUESDAY

PRIVATE/ SEMI-PRIVATE

available
upon request

HATHA YOGA

9:00-10:00
EVI

PRENATAL YOGILATES

18:00-18:50
ESMERALDA

ADVANCED YOGA

19:15-20:15
BANDANA

WEDNESDAY

MORNING YOGA

8:00-9:00
NIDHI

PRIVATE/ SEMI-PRIVATE

available
upon request

PILATES MAT

18:00-19:00
MARILENA

HATHA YOGA

19:15-20:15
NIDHI

THURSDAY

PRIVATE/ SEMI-PRIVATE

available
upon request

HATHA YOGA

9:00-10:00
EVI

PRENATAL YOGILATES

18:00-18:50
ESMERALDA

YOGILATES

19:15-20:15
ESMERALDA

FRIDAY

MORNING YOGA

8:00-9:00
NIDHI

PRIVATE/ SEMI-PRIVATE

available
upon request

POWER VINYASA YOGA

18:00-19:00
MARILENA

YOGA NIDRA

19:15-20:15
BANDANA

*Every
Second Friday*

SATURDAY

YOGA FOR EVERYBODY

9:00-10:00
NIDHI

PRIVATE/ SEMI-PRIVATE

available
upon request

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

