

# GROUP CLASSES

## JUNE

**HAMMOCK**  
Wellness Centre

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**PRIVATE/  
SEMI-PRIVATE**

**YOGA**

**YOGA THERAPY**

**QI GONG  
CLASSES**

available  
upon request

**PRIVATE/  
SEMI-PRIVATE**

**YOGA**

**YOGA THERAPY**

**QI GONG  
CLASSES**

available  
upon request

**PRIVATE/  
SEMI-PRIVATE**

**YOGA**

**YOGA THERAPY**

**QI GONG  
CLASSES**

available  
upon request

**QIGONG**

8:00-9:00  
EFFIE

**PRIVATE/  
SEMI-PRIVATE**

available  
upon request

**PRIVATE/  
SEMI-PRIVATE**

**YOGA**

**YOGA THERAPY**

**QI GONG  
CLASSES**

available  
upon request

**PRIVATE/  
SEMI-PRIVATE**

**YOGA**

**YOGA THERAPY**

**QI GONG  
CLASSES**

available  
upon request

**PILATES  
CARDIO**

18:00-19:00  
MARILENA

**PILATES  
MAT**

18:00-19:00  
MARILENA

**PRENATAL  
YOGILATES**

18:00-18:50  
ESMERALDA

**POWER VINYASA  
YOGA**

18:00-19:00  
MARILENA

**INTUITIVE  
VINYASA YOGA**

19:15-20:30  
RANA

**MINDFUL  
YOGA FLOW**

18:30-19:45  
EVA

**INTUITIVE  
VINYASA YOGA**

19:15-20:30  
RANA

**YOGILATES**

19:15-20:15  
ESMERALDA

**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