

### Happiness Hot Yoga and Pilates

| Time           | Mon                                 | Tues   | Wed                        | Thurs  | Fri                                   | Sat  | Sun  |
|----------------|-------------------------------------|--|----------------------------|--|---------------------------------------|--|--|
| 6:00 - 6:30am  | Heat Fusion<br>60mins with<br>Katie | Intermediate<br>Pilates with<br>Amy          |                            | Heat fusion<br>60 mins with<br>Katie         | Vinyasa Flow<br>(Beach) with<br>Katie |  |  |
| 6:30 - 7:00am  |                                     |  |                            |  |                                       | Vinyasa Flow<br>with Katie                   |  |
| 7:00 - 7:30am  |                                     |  |                            |  |                                       |  | Relax and<br>Recharge with<br>Katie        |
| 7:30 - 8:00am  |                                     |  |                            |  |                                       |  |  |
| 8:00 - 8:30am  |                                     |  |                            |  |                                       |  |  |
| 8:30 - 9:00am  |                                     |  |                            |  |                                       | 26 +2<br>Hot Yoga<br>(90 mins) with<br>Katie | 26 +2<br>Hot Yoga<br>(90 mins)<br>With Amy |
| 9:00 - 9:30am  |                                     |  |                            |  |                                       |  |  |
| 9:30 - 10:00am |                                     |  | Mindful Yoga<br>with Belle | Mindful Yoga<br>with Belle                   |                                       |  |  |
| 10:00-10:30am  |                                     |  |                            |  |                                       |  |  |
| 12:00-12:30pm  | Yolates<br>Express                  | Yoga Express                                 | Yolates<br>Express         | Yoga Express                                 |                                       |  |  |
| 5:00 - 5:30pm  |                                     |  |                            |  |                                       |  |  |
| 5:30 - 6:00pm  | Vinyasa Flow<br>with Katie          |  | Vinyasa Flow<br>with Katie | 26 +2<br>Hot Yoga<br>(90 mins) with<br>Katie | Heat Fusion<br>60 mins with<br>Katie  |  |  |
| 6:00 - 6:30pm  |                                     |  |                            |  |                                       |  |  |
| 6:30 - 7:00pm  |                                     | 26 +2<br>Hot Yoga<br>(90 mins) with<br>Katie |                            |  |                                       |  |  |
| 7:00 - 7:30pm  |                                     |  |                            |  |                                       |  |  |
| 7:30 - onwards |                                     |  |                            |  |                                       |  |  |