

# Laya Yoga Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6.00 – 7.00AM	Slow Flow with Samantha Sepulveda	Hot Yoga with Catherine Birtchnell	Shakti Flow with Jaymala Sharma	Shakti Flow with Stella Yun	Sun Salutation with Jaymala Sharma
9.30 – 10.30AM	Flow & Yin with Samantha Sepulveda	Slow Flow with Sushil Atik	Hot Yoga with Catherine Birtchnell	Slow Flow with Lucy Ludmila	Yin Yoga with Jaymala Sharma
4.45 – 5.30PM	-	Kids Yoga	Kids Yoga	-	-
5.00 – 6.00PM	Hot Flow with Jaymala Sharma	-	-	-	Yin+Meditation with Sushil Atik
6.15 – 7.15PM	Shakti Flow with Jaymala Sharma	Yin Yoga with Lucy Ludmila	Flow & Align with Samantha Sepulveda	Hot Yoga with Catherine Birtchnell	Pilates with Sushil Atik
7.30 – 8.30PM	Flow & Yin with Rodrigo Capati	Mindful Flow & Restoration with Lucy Ludmila	Yin Yoga with Jaymala Sharma	Hot Pilates with Karen D'Arcy	-
	Saturday	Sunday			
7.00 – 8.30AM	The Complete Package With Jaymala Sharma	-			
8.30 – 9.30AM	-	Hot Yoga with Samantha Sepulveda			
5.30 – 6.45PM	-	Restorative Yoga with Loretta Georgiou			