

# Laya Yoga Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6.00 – 7.00AM</b>	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
<b>9.30 – 10.30AM</b>	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
<b>4.45 – 5.30PM</b>	-	Kids Yoga	Kids Yoga	-	-
<b>5.00 – 6.00PM</b>	Hot Flow with Jaymala Sharma	-	-	-	Yin+Meditation with Sushil Atik
<b>6.15 – 7.15PM</b>	Shakti Flow with Jaymala Sharma	Yin Yoga with Lucy Ludmila	Flow & Align with Samantha Sepulveda	Hot Yoga with Catherine Birtchnell	Pilates with Sushil Atik
<b>7.30 – 8.30PM</b>	Flow & Yin with Rodrigo Capati	Mindful Flow & Restoration with Lucy Ludmila	Yin Yoga with Jaymala Sharma	Hot Pilates with Karen D'Arcy	-
	Saturday	Sunday			
<b>8.00 – 9.15AM</b>	The Complete Package With Jaymala Sharma	-			
<b>8.30 – 9.30AM</b>	-	Hot Yoga with Samantha Sepulveda			
<b>4.30 – 5.45PM</b>	-	Restorative Yoga with Loretta Georgiou			