

YOGA & PILATES

JANUARY-FEBRUARY 2025

HAMMOCK
Wellness Centre

MONDAY

**PRIVATE/
SEMI-PRIVATE**

**YOGA &
YOGA
THERAPY
CLASSES**

available
upon request

**PILATES
CARDIO**

18:00-19:00
MARILENA

**HATHA
YOGA**

19:15-20:15
NIDHI

TUESDAY

**PRIVATE/
SEMI-PRIVATE**

**YOGA &
YOGA
THERAPY
CLASSES**

available
upon request

**DYNAMIC
YOGA**

18:00-19:00
BANDANA

MEDITATIONS

19:15-20:15
BANDANA

WEDNESDAY

**PRIVATE/
SEMI-PRIVATE**

**YOGA &
YOGA
THERAPY
CLASSES**

available
upon request

**PILATES
MAT**

18:00-19:00
MARILENA

**HATHA
YOGA**

19:15-20:15
NIDHI

THURSDAY

**PRIVATE/
SEMI-PRIVATE**

**YOGA &
YOGA
THERAPY
CLASSES**

available
upon request

**PRENATAL
YOGILATES**

18:00-18:50
ESMERALDA

**YOGA &
MEDITATION**

19:15-20:15
BANDANA

FRIDAY

**PRIVATE/
SEMI-PRIVATE**

**YOGA &
YOGA
THERAPY
CLASSES**

available
upon request

**POWER VINYASA
YOGA**

18:00-19:00
MARILENA

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

* IN CASE OF INTERNATIONAL TRAININGS, YOU WILL BE NOTIFIED IN ADVANCE IF THIS AFFECTS YOUR CLASS PROGRAM