

Shambhala Yoga Shala

Timetable 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- M O R N I N G -

9:00am-
10:15am

Gentle Yoga
& Meditation
with
Christine

9:30-
10:45am

Movement
with Mia

9:00am-
10:30am

Yoga with
Vivianne

N/A

9:00am-
10:15am

Yoga with
Bec

9:00am-
10:30am

Morning
Yoga

- A F T E R N O O N -

5:30pm-
6:45pm

Yoga with
Bec

4:00pm-
5:00pm

Tweens
Movement
Class

booked separately

N/A

5:30pm-
6:45pm

Yin Yoga
with
Christine

N/A

N/A