

# BEYOND

## YOGA

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6am  
Beyond Mellow  
45 min

6am  
Beyond Flow  
45 min

9:30am  
Beyond Flow  
60 min\*\*

9:30am  
Beyond Mellow  
60 min\*\*

9:30am  
Beyond Yin  
60 min\*\*

9am  
Beyond Flow  
60 min

10am  
Beyond Mellow  
60 min\*\*

6:15pm  
Beyond Mellow  
60 min

6:15pm  
Beyond Flow  
60 min

6:15pm  
Beyond Flow  
60 min

6:15pm  
Beyond Mellow  
60 min

6:15pm  
Beyond Flow  
60 min

4pm  
Beyond Yin  
60 min\*\*

7:30pm  
Beyond Mellow  
60 min\*\*

7:30pm  
Beyond Yin  
60 min\*\*

\*\*These in-studio classes are also livestreamed via Zoom

Timetable as of 17 January 2022, subject to change