

Sangha House Virtual Studio

Start Time	Monday	Tuesday	W'sday	Thursday	Friday	Saturday	Sunday
10.00am	Yoga Lena Maughan			Pilates Fiona Pascal	Yoga—Yin/Yang Patricia Chiu	Yoga Michel Traas	Hatha Flow Sara Newman
11:30am	Pilates Fiona Pascal			Yoga (Ashtanga) Sean Toland	Somatics Steven Leather	Yoga (Kundalini) Svetlana	Yoga (12:00pm)
12:30pm	Buddhist Meditation Andy Spragg			Buddhist Meditation Andy Spragg			Morgan Lane
2:00pm					Exercise Dorian		
4:00pm	Tai Chi (Intermediate) Andy Spragg			Tai Chi (Intermediate) Andy Spragg	Yoga Flow Lena Maughan	Tai Chi (Beginners & Intermediate Andy Spragg	
5:30pm	Pilates (6pm) Sam Arscott			Pilates (6pm) Sam Arscott	Yoga Michel Traas	Tradition Hatha Akhil Gopi	
8:00pm	Nurturing Yoga Sara Newman			Yin Yoga Patricia Chiu			