

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00 - 7.00	HOT 26&2	POWER	HOT 26&2 ASHTANGA FULL PRIMARY	POWER	HOT 26&2		
6.30 - 7.30	ASHTANGA 1/2 PRIMARY	ASHTANGA 1/2 PRIMARY			ASHTANGA 1/2 PRIMARY		
7.00 - 8.00						POWER	ASHTANGA FULL PRIMARY
8.00 - 9.00						HOT 26&2	HOT 26&2
8.30 - 9.30		FLOW	FLOW Seafire Deck	FLOW Seafire Deck	FLOW	FLOW Seafire Deck	
9.30 - 10.30	FLOW	CORE	FLOW	CORE			THERAPEUTIC FASCIAL FLOW
10.00 - 11.30						KUNDALINI	ASHTANGA VINYASA YOGA FOR BEGINNERS
10.30 - 11.30	HOT 26&2	HOT 26&2	HOT 26&2	ASHTANGA 1/2 PRIMARY (75 mins) 10.45pm	HOT 26&2		
12.00 - 1.00	KUNDALINI	HOT 26&2 (50 mins)	POWER (50 mins)	HOT 26&2 (50 mins)	CORE (50 mins)	HOT 26&2 YIN	CORE KINSTRETCH (75 mins)
1.00 - 2.00	FLOW + NIDRA		FLOW + NIDRA		FLOW + MEDITATION		
2.00 - 3.00						FLOW	HOT 26&2
5.15 - 6.15 Seafire Deck		SUP Caribbean Club		FLOW	MOBILITY FLOW		
5.30 - 6.30	HOT 26&2	HOT 26&2	HOT 26&2	HOT 26&2	HOT 26&2		
5.30 - 6.30	CORE	CORE	FLOW + MEDITATION	ASHTANGA 1/2 PRIMARY (75 mins) 5.15pm	FLOW + RESTORATIVE		
7.00 - 8.00	YIN HOT 26&2	FLOW + RESTORATIVE HOT 26&2	RESTORATIVE ASHTANGA 1/2 PRIMARY	FLOW + RESTORATIVE HOT 26&2			

DECEMBER SCHEDULE

Please see online for holiday schedule changes.

Pre-registrations and walk-ins welcome!
Email info@blissyogacayman.com for assistance.