



Wildflower

WEEKLY CLASS SCHEDULE

MONDAY



11am - 60mins
Gentle Hatha Flow

5pm - 60 mins
Foundations of Yoga

6:30pm - 60 mins
Yoga for
absolute beginners

TUESDAY



9am - 90mins
Traditional Hatha

11am - 60 mins
Yoga for Mental Health

5pm - 60 mins
Strong Hatha Flow

6:30pm - 60 mins
Good Energy Flow

WEDNESDAY



11am - 60mins
Strong Hatha Flow

5pm - 60 mins
Yoga for Mental Health

6:30pm - 40 mins
Guided Meditation

7:30pm - 60 mins
Restorative

THURSDAY



9am - 90mins
Traditional Hatha

11am - 60 mins
Yoga for Mental Health

5pm - 60 mins
Restorative

6:30pm - 60 mins
Yoga Nidra

FRIDAY



11am - 40mins
Guided Meditation

12pm - 60 mins
Yoga for Deep Release

SATURDAY



9am - 90mins
Traditional Hatha

SUNDAY



11am - 60mins
Sunday Morning Flow

4pm - 90 mins
Restorative and
Meditation

QUESTIONS?

MESSAGE
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