

SCHEDULE

DAY	CLASS TIME	CLASS TYPE	STUDIO	TEACHER	LEVEL
MONDAY	9.30	Hatha (90 mins)	HYD	Jo	L1-2
	10.00	Vinyasa	YND	Lisa	L1-2
	13.05	Lunch Express Flow	YND	Lisa	
	16.30	Ashtanga (75 mins)	YND	Jo	L1-2
	18.30	Core Flow (70 mins)	HYD	Jane	L2
	19.00	Iyengar Yoga	YND	Art	
	20.00	Hatha	HYD	Gayle	L1-2
	20.30	Restorative Yoga	YND	Art	
TUESDAY	6.45	Express Sunrise	HYD	Brian	
	10.00	Vinyasa Grow Flow	HYD	Susie	L2
	16.30	Yin	YND	Lisa	
	17.15	Vinyasa	HYD	Jane	L1-L2
	18.15	Slow Vinyasa	YND	Lisa	L1
	18.30	Mixed flow	HYD	Julie	L2
	19.30	*Pregnancy Yoga	YND	Melissa	
	20.00	Hot Moon Salutations	YND	Jenny	L1-2
WEDNESDAY	10.00	Core Flow (75 mins)	HYD	Jane	L2
	11.00	Chair Yoga	YND	Anne Marie	
	13.05	Lunch Express Flow	YND	Judit	
	18.00	Mixed Flow	HYD	Susan	L1-2
	18.15	Ashtanga (90 mins)	YND	David	L1-2
	19.30	Slow Yoga	HYD	Susan	L1
	20.00	Candlelit Flow & Let go	YND	Gayle	
THURSDAY	6.45	Express Sunrise	HYD	Julie	
	9.40	Yogalates	YND	Melissa	
	10.00	Ashtanga	HYD	Judit	L1-2
	11.00	*Mum & Baby	YND	Melissa	
	16.30	Vinyasa Grow Flow	HYD	Brian	L1/2
	18.00	Core Flow (70 mins)	HYD	Jane	L2
	19.30	Candlelit Yin	YND	Lisa	
	19.30	Handstand / Arm balance (70 min (€5 supplement)	HYD	Julie	L2(not hot)
FRIDAY	9.30	Hatha (90 mins)	HYD	Judit	L1-L2
	10.00	Core Flow	YND	Julie	L2
	16.30	Mixed flow	HYD	Susie	L1-L2
	17.30	Ashtanga (90 mins)	YND	Jo	L1-L2
	18.15	Freshen-up Flow	HYD	Brian	L1
SATURDAY	8.30	Ashtanga (75 mins)	YND	Jo	L1-2
	9.00	Vinyasa	HYD	Stefania	L1-2
	10.30	Core-flow	HYD	Stefania	L2
	11.15	*Parent & toddler Yoga	YND	Nicola	
	16.30	Vinyasa	HYD	Inna	L2
SUNDAY	8.30	Slow Yoga	HYD	Inna	L1
	9.00	Ashtanga (75 mins)	YND	Jo	L1/2
	10.00	Mixed Flow	HYD	Inna	L2
	19.30	Candlelit Salutations (90 mins)	YND	Gayle	

Express: 45 mins

YND: Yoga Next Door

HYD: Hot Yoga Dublin

Note:

*Pregnancy/Mum & Baby/Parent & toddler yoga is separate membership

You must be 16 years + to attend HYD & NYD

L1: Beginners

L1-2: Mixed paced class

L2: Challenging

