



## MONDAY

- 10:00 **Vinyasa with Gayle**  
Yoga Next Door Studio - Level 1-2
- 16:30 **Slow yoga with Kate**  
Yoga Next Door Studio - Level 1
- 17:30 **Pilates mat / Equip with Hannah**  
Pilates Dublin - Level 1
- 18:30 **Core flow with Jane**  
Yoga Next Door Studio - Level 2
- 19:00 **Pilates Mat/Equip with Hannah**  
Yoga Next Door Studio - Level 1-2
- 20:00 **Hatha/Ashtanga with Gillian**  
Yoga Next Door Studio - Level 1-2
- 20:30 **Pilates Mat/Equip with Hannah**  
Yoga Next Door Studio - Level 1-2



## TUESDAY

- 06:45 **Express sunrise with Mignon**  
Yoga Next Door Studio
- 09:30 **Pilates mat / Equip with Hannah**  
Pilates Dublin - Level 1
- 10:00 **Vinyasa grow flow with Susie**  
Yoga Next Door Studio - Level 2
- 17:30 **Vinyasa with Susie**  
Yoga Next Door Studio - Level 1-2
- 19:00 **Pilates / Yoga infusion with Susie**  
Pilates Dublin - Level 2
- 19:00 **Pregnancy yoga with Susie**  
Yoga Next Door Studio - Level 1-2
- 20:15 **Hot Moon Salutations with Laura**  
Yoga Next Door Studio - Level 1-2



## WEDNESDAY

- 09:30 **Core flow with Gayle**  
Yoga Next Door Studio - Level 1-2
- 10:00 **Pilates mat / Equip with Hannah**  
Pilates Dublin - Level 1
- 17:30 **Mixed flow with Susan**  
Pilates Dublin - Level 1-2
- 18:00 **Ashtanga (75 min) with Gillian**  
Pilates Dublin - Level 1-2
- 19:00 **Slow yoga with Susan**  
Pilates Dublin - Level 1
- 19:30 **Pilates mat / Equip with Claire**  
Pilates Dublin - Level 1-2
- 20:30 **Candlelit Flow & Let go with Caroline**  
Yoga Next Door Studio - Open



## THURSDAY

- 06:45 **Express sunrise with Susan**  
Yoga Next Door Studio
- 09:30 **Pilates / Yoga infusion with Melissa**  
Yoga Next Door Studio - Open
- 16:30 **Vinyasa grow flow with Judit**  
Yoga Next Door Studio - Level 1-2
- 18:00 **Core Flow with Judit**  
Yoga Next Door Studio - Level 2
- 19:30 **Candlelit Yin with David**  
Yoga Next Door Studio - Open



## FRIDAY

- 09:30 **Hatha (90 mins) with Judit**  
Yoga Next Door Studio - Level 1-2
- 10:00 **Pilates / Yoga infusion with Melissa**  
Pilates Dublin - Level 1-2
- 16:30 **Ashtanga Basics with Paula**  
Yoga Next Door Studio - Level 1-2
- 18:15 **Freshen-up Flow with Brian**  
Yoga Next Door Studio - Level 1



## SATURDAY

- 08:30 **Pilates mat / Equip with Susan**  
Pilates Dublin - Level 1-2
- 09:00 **Power vinyasa with Stefania**  
Yoga Next Door Studio - Level 1-2
- 10:00 **Pilates mat / Equip with Susan**  
Pilates Dublin - Level 1
- 10:30 **Power core flow with Stefania**  
Yoga Next Door Studio - Level 2



## SUNDAY

- 08:30 **Slow yoga with Mignon**  
Yoga Next Door Studio - Level 1
- 10:00 **Ashtanga with Gillian**  
Yoga Next Door Studio - Level 1-2
- 11:30 **Funky flow with Gillian**  
Pilates Dublin - Level 1-2
- 19:30 **Candlelit Salutations with David**  
Yoga Next Door Studio - Open

levels



Level 1: Beginners



Level 1-2: Mixed-paced class



Level 2: Challenging

yoga, pilates, mindfulness