

31 weekly in-studio classes & 26 weekly live online

never miss your favourite class!!!



MONDAY

10:00 **Vinyasa Boost with Gayle**
Yoga Next Door - Level 1-2

16:30 **Slow yoga with Kate**
Yoga Next Door - Level 1

17:30 **Pilates mat / Equip with Hannah**
Pilates Dublin - Level 1

IN
STUDIO
ONLY

18:30 **Core flow with Jane**
Yoga Next Door - Level 2

19:00 **Pilates Mat / Equip with Hannah**
Pilates Dublin - Level 1-2

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20:00 **Hatha/Ashtanga with Gillian**
Yoga Next Door - Level 1-2



TUESDAY

06:45 **Express sunrise with Mignon**
Yoga Next Door

09:30 **Pilates mat / Equip with Hannah**
Pilates Dublin - Level 1

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10:00 **Vinyasa grow flow with Susie**
Yoga Next Door - Level 2

17:30 **Vinyasa with Susie**
Yoga Next Door - Level 1-2

19:00 **Pilates / Yoga infusion with Susie**
Pilates Dublin - Level 2

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19:00 **Pregnancy yoga with Melissa**
Yoga Next Door - Level 1-2

20:15 **Hot Moon Salutations with Laura**
Yoga Next Door - Level 1-2



WEDNESDAY

10:00 **Pilates mat / Equip with Hannah**
Yoga Next Door - Level 1

17:30 **Vinyasa with Susan**
Yoga Next Door - Level 1-2

18:00 **Ashtanga with Gillian**
Pilates Dublin - Level 1-2

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19:00 **Slow yoga with Susan**
Yoga Next Door - Level 1

19:30 **Pilates mat / Equip with Claire**
Pilates Dublin - Level 1-2

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20:30 **Candlelit Flow & Let go with Caroline**
Yoga Next Door - Open



THURSDAY

06:45 **Express sunrise with Susan**
Yoga Next Door

09:30 **Pilates / Yoga infusion with Melissa**
Yoga Next Door - Open

16:30 **Vinyasa grow flow with Judit**
Yoga Next Door - Level 1-2

18:00 **Core Flow with Emma**
Yoga Next Door - Level 2

19:30 **Candlelit Yin with David**
Yoga Next Door - Open



FRIDAY

09:30 **Hatha with Judit**
Yoga Next Door - Level 1-2

10:00 **Pilates / Yoga infusion with Melissa**
Pilates Dublin - Level 1-2

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16:30 **Rocket Yoga (derived from Ashtanga) with Mignon**
Yoga Next Door - Open

18:15 **Freshen-up Flow with Caoimhe**
Yoga Next Door - Level 1

19:30 **Restorative with Caroline**
Yoga Next Door - Open



SATURDAY

09:00 **Power vinyasa with Stefania**
Yoga Next Door - Level 1-2

10:30 **Power core flow with Stefania**
Yoga Next Door - Level 2



SUNDAY

08:30 **Slow yoga with Mignon**
Yoga Next Door - Level 1

10:00 **Ashtanga with Gillian**
Yoga Next Door - Level 1-2

11:30 **Funky flow with Gillian**
Pilates Dublin - Level 1-2

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19:30 **Candlelit Salutations with David**
Yoga Next Door - Open

levels

Level 1: Beginners

Level 1-2: Mixed-paced class

Level 2: Challenging