

Marshall Street Leisure Centre

Hot Yoga Studio Timetable

Hot Yoga Studio
WESTMINSTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:30 - 08:30	EA Energise *							07:30 - 08:30
08:00 - 08:45				Yoga	Pilates			08:00 - 08:45
08:00 - 09:00		Yoga						08:00 - 09:00
10:30 - 12:00						EA Flow *	EA Unwind *	10:30 - 12:00
12:15 - 13:00				Yoga				12:15 - 13:00
12:30 - 13:30					Yoga			12:30 - 13:30
13:00 - 14:00			EA Energise *					13:00 - 14:00
13:15 - 14:00	Pilates			EA Energise *				13:15 - 14:00
13:15 - 14:15		EA Dynamic *						13:15 - 14:15
17:30 - 18:30		EA Energise *						17:30 - 18:30
18:00 - 19:00	EA Dynamic *					Yoga		18:00 - 19:00
19:00 - 20:00		EA Unwind *	EA Unwind *	Pilates				19:00 - 20:00
19:15 - 20:15	EA Flow *							19:15 - 20:15

Class Descriptions

■ Cold Class
 ■ Heated Class

PILATES Pilates focuses on building your body's core (back, abdomen and pelvis) strength and improving your posture through a series of low repetition low impact stretching and conditioning exercises.

EA DYNAMIC A high intensity class to concentrate on major muscle groups while building strength

EA UNWIND This class will purely focus on warming up your muscles and stretching, relaxing the mind and concentrating on the breath

EA FLOW A feel good movement class that connects the body and mind.

EA ENERGISE A refreshing class which will revitalise you and set you up for your day.

YOGA One of the worlds most practiced spiritual disciplines. Developed over thousands of years these sessions concentrate on bringing balance and harmony to both body and mind, through postures and breath. They can help to boost the immune system, encourage relaxation and correct posture alignment.

Book your class using our FREE app, call the centre on 03330 05 0417 or visit our reception team!

*These classes require a Hot Yoga Subscription to attend. Drop in classes are also available for purchase. Studio time is available for hire. Please contact the centre reception for details. Timetable correct as of January 2018. Any updates to this timetable will be made online at www.everyoneactive.com