

# Westminster Lodge Leisure Centre

## Hot Yoga Studio Timetable

Hot Yoga Studio  
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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
08:30 - 09:30						Warm Flow		08:30 - 09:30
09:15 - 10:15					Hot Flow			09:15 - 10:15
09:15 - 10:30							Hot Ashtanga Vinyasa	09:15 - 10:30
09:30 - 10:45	Hot Flow	Hot Hatha Flow	Warm Hatha	Hot Ashtanga Vinyasa				09:30 - 10:45
10:00 - 11:15						Hot Flow		10:00 - 11:15
11:00 - 12:00							Warm Flow	11:00 - 12:00
18:00 - 19:00					Warm Ashtanga Vinyasa			18:00 - 19:00
18:30 - 19:30	Hot Hatha	Warm Flow*		Warm Hatha				18:30 - 19:30
18:30 - 19:45			Warm Hatha					18:30 - 19:45
20:00 - 21:00	Mild Yin							20:00 - 21:00
20:00 - 21:15		Hot Flow	Hot Hatha	Hot Flow				20:00 - 21:15

■ Mild (32 degrees)
 ■ Warm (36 degrees)
 ■ Hot (40 degrees)

\*Suitable for beginners.

## Class Descriptions

**ASHTANGA YOGA** It synchronises breath and movement in a flowing sequence of (asana) postures holding between 3-5 breaths. When practiced regularly it develops strength, flexibility and stamina and eventually a still and focused mind.

**FLOW** Flow and Hatha Flow Yoga link the postures practiced in a regular Hatha class into a sequence of movements that flow with the breath. These classes focus on the breath with movement to increase focus, strength, balance and flexibility in a flowing sequence.

**HATHA** Hatha Yoga refers to a set of physical exercises designed to align the muscles and bones and open the many energy channels of the body, especially the spine, so that energy can flow freely. Hatha Yoga is intended to create a balance of strength and flexibility in the body by focusing on the breath.

**YIN YOGA** is a slow-paced style of Yoga with postures that are held for much longer periods of time. It will help calm the mind, body and muscles, improve joint mobility and help reduce stress and anxiety. Whether a retired senior or a peak athlete, all can benefit as these practices help to slow, flush and reset the system.

Timetable correct as of January 2020. Any updates to this timetable will be made online at [www.everyoneactive.com](http://www.everyoneactive.com)

Studio time is available for hire. Please contact the Centre Reception for details.

Book your class using our free app or online at [www.everyoneactive.com](http://www.everyoneactive.com)

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