

Queen Mother Sports Centre

Hot Yoga Studio Timetable

Hot Yoga Studio
WESTMINSTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:00 - 08:00	EA Unwind *	EA Energise *		EA Energise *	EA Flow *			07:00 - 08:00
07:30 - 08:30			EA Energise *					07:30 - 08:30
09:30 - 11:00						EA Dynamic *		09:30 - 11:00
12:00 - 13:00	EA Dynamic *	EA Dynamic *	EA Energise *					12:00 - 13:00
12:15 - 13:15				EA Dynamic *				12:15 - 13:15
13:00 - 14:00					EA Dynamic *			13:00 - 14:00
13:00 - 14:30							EA Dynamic *	13:00 - 14:30
18:00 - 19:00		EA Dynamic *						18:00 - 19:00
18:00 - 19:30				EA Flow *				18:00 - 19:30
18:30 - 20:00			EA Energise *					18:30 - 20:00
18:45 - 19:45					EA Unwind *			18:45 - 19:45
19:15 - 20:15	EA Energise *							19:15 - 20:15
19:30 - 20:30		EA Dynamic *						19:30 - 20:30

Class Descriptions

 Heated Class

EA DYNAMIC A high intensity class to concentrate on major muscle groups while building strength (please can we change all Power classes over to this please)

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.

Book your class using our FREE app, call the centre on 03330 05 0418 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 at September 2017. Any updates to this timetable will be made online at www.everyoneactive.com