

Westgate Leisure Centre

Hot Yoga Studio Timetable

Hot Yoga Studio
CHICHESTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:00 - 08:00	Hot Yoga Sunrise				Hot Yoga Sunrise			07:00 - 08:00
08:00 - 09:00						Hot Yoga Sunrise		08:00 - 09:00
09:30 - 11:00							Hot Yoga	09:30 - 11:00
13:00 - 14:00		Hot Yoga Flow (b)						13:00 - 14:00
14:30 - 16:00						Hot Yoga (b)		14:30 - 16:00
16:30 - 18:00			Hot Yoga					16:30 - 18:00
17:30 - 19:00				Hot Yoga (b)			Hot Yoga	17:30 - 19:00
18:30 - 20:00	Hot Yoga							18:30 - 20:00
19:30 - 21:00		Hot Yoga Sunset		Hot Yoga Sunset				19:30 - 21:00
20:30 - 21:30								20:30 - 21:30

Class Descriptions

HOT YOGA Connecting our breath with the postures in flowing movements. This helps build strength and flexibility and can be developed gradually to be energetic and challenging.

HOT YOGA SUNRISE This class is designed to set us up for our day – grounding and motivating us to find a little more stillness in our minds.

Studio time is available for hire. Please contact the centre reception for details.

Timetable correct as at April 2017. Any updates to this timetable will be made online at www.everyoneactive.com

Warm Hot

(b) denotes particularly suitable for beginners.

HOT YOGA FLOW These workouts are a shortened version of a full session and are ideal for those who have limited time.

HOT YOGA SUNSET A set of exercises to align muscles and bones so energy can flow freely through the channels of the body.

Book your class using our FREE app, call the centre on 03330 05 0396 or visit our reception team!