

Frogmore Leisure Centre Hot Yoga Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
08:00 - 09:30						Bikram Yoga		08:00 - 09:30
09:00 - 10:30							Bikram Yoga	09:00 - 10:30
09:30 - 10:30			Hot Vinyasa Flow					09:30 - 10:30
10:00 - 11:15					Hot Vinyasa Flow			10:00 - 11:15
10:15 - 11:15				Restorative Yoga				10:15 - 11:15
10:30 - 12:00		Bikram Yoga						10:30 - 12:00
10:45 - 11:45	Hatha Yoga							10:45 - 11:45
11:00 - 12:15							Yin Yoga	11:00 - 12:15
18:00 - 19:00	Dynamic Yoga							18:00 - 19:00
18:00 - 19:00					Bikram Yoga			18:00 - 19:00
18:00 - 19:00			Bikram Yoga					18:00 - 19:00
18:30 - 19:30		Hot Vinyasa Flow		Hot Vinyasa Flow				18:30 - 19:30
19:30 - 21:00	Bikram Yoga							19:30 - 21:00
20:00 - 21:15		Yin Yoga		Yin Yoga				20:00 - 21:15

Class Descriptions

■ Cold Class ■ Heated Class

BIKRAM YOGA Bikram Yoga is a twenty-six asana series designed to scientifically warm and stretch muscles, ligaments and tendons, in the order in which they should be stretched. Bikram yoga is always practiced in the heat.

DYNAMIC YOGA Dynamic Yoga is an ancient practice which brings enormous health benefits. As its name suggests, it is a fluid, lively form of movement that is much less static than traditional yoga. It tones the internal organs, strengthens the connective tissue, corrects misalignment of the spine, clears stagnation in the meridians, develops good breathing technique, stills the mind and purifies the spirit.

HATHA YOGA Hatha Yoga will strengthen your body and calm your mind. The class incorporates all aspects of a traditional yoga class; breathing, meditation and postures, while boosting your co-ordination through gentle flowing movements. As we use our breath to gently flow from one posture to the next, we learn to release tension and become more peaceful and calm as a result. This practice allows us to become more self-aware and more mindful of ourselves and others around us.

HOT VINAYASA FLOW Translated from Sanskrit, vinyasa means "to place in a special way." Each movement is a gradual progression from one to the next. The movement is aligned and linked with the breath so that you move with each inhale and exhale. Vinyasa yoga can be practiced hot or cold.

RESTORATIVE YOGA Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body. While some restorative yoga poses are beneficial to the entire body, others target specific parts of the body, such as the heart or the lungs.

YIN YOGA Yin is yoga at its calmest, coolest and most meditative. Most forms of yoga are classed 'yang', which is more heated and physical with the focus on our muscular system. 'Yin' yoga is cool, calming and more meditative in practice and the focus is placed on our connective tissues, such as joints and ligaments. During this class you will be on the floor most of the time using many props to help you feel supported while holding the poses for 2-3 minutes. This gives your body the time it needs to open and release at its own pace. This class compliments all other forms of yoga.

*These classes require a Hot Yoga Subscription to attend. Drop in classes are also available for purchase.

Timetable correct as of January 2019. Any updates to this timetable will be made online at www.everyoneactive.com

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