

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
14:00 - 15:30						Hot Yoga		14:00 - 15:30
17:00 - 18:30			Hot Yoga					17:00 - 18:30
17:30 - 19:00							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

Class Descriptions

■ Warm
 ■ Hot

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.

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

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

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