

# Westminster Lodge Leisure Centre

## Hot Yoga Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
06:30 - 07:45			Hot Sunrise Flow					06:30 - 07:45
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 Hatha	09:15 - 10:30
09:30 - 10:45	Hot Flow	Hot Hatha Flow		Hot Flow				09:30 - 10:45
09:30 - 11:00			Warm Flow					09:30 - 11:00
10:00 - 11:15						Hot Flow		10:00 - 11:15
11:00 - 12:30							Warm Flow	11:00 - 12:30
18:30 - 19:30	Hot Hatha	Warm Hatha Flow*		Warm Hatha				18:30 - 19:30
18:30 - 20:00			Warm Hatha					18:30 - 20:00
19:30 - 21:00					Warm Yin & Yang			19:30 - 21:00
20:00 - 21:00	Mild Yin							20:45 - 21:45
20:00 - 21:15		Hot Hatha Flow		Hot Flow				20:00 - 21:15
20:15 - 21:15			Hot Hatha					20:15 - 21:15

## Class Descriptions

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

**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.

**PILATES** These sessions are designed to concentrate on slow and measured movements in order to create lean and stronger muscles around your torso. A gentle but highly effective session for improving posture, flexibility and preventing injury.

**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.

**YIN & YANG YOGA** class combines the two styles. Yin postures are deeply releasing and relaxing and Yang Yoga is dynamic and fluid. Practised alternately and together, the Yin & Yang styles will help stimulate energy as well as build muscular strength, stamina and flexibility. Suitable for all levels.

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

Timetable correct as of April 2018. 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.