



Active Hive Group Yoga & Functional Fitness Class Schedule

Sufian	Erna	Angeline	Lou	Agnes	Shirleen		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
6:00am to 9:00am		Rise & Shine Yoga by Angeline			Elder FIT by Sufian		
8:30am to 9:30am						**Yoga for Back, Neck, Shoulder Tension Release by Agnes	
9am to 10am	###Gentle Hatha Yoga by Agnes			Relaxing Stretch Yoga by Shirleen			Gentle Stretch and Breathe by Erna
9:15am to 10:15am		Stretch Yoga by Angeline					
9:30am to 10:30am					Knee Care & Strengthening Gentle Workout by Sufian		
10am to 11am						**Yoga for Body Tension and Flexibility by Agnes	
10:30am to 11:30am	###Yoga for Body Tension and Flexibility by Agnes			Hatha Yoga Flow by Shirleen			Gentle Yoga with Back and Neck Therapy by Erna
11am to 12pm					###Gentle Hatha Yoga by Agnes		
11:30am to 12:30pm							
12pm to 1pm	###Midday Refresh - Lunch Time Yoga by Agnes						
12:45pm to 1:45pm						BBB (Bands, Blocks and Bodyweight) Training by Sufian	
2pm to 3pm						BBB Interval 40 by Sufian	BBB (Bands, Blocks and Bodyweight) Training by Sufian
2:30pm to 3:30pm							
3:15pm to 4:15pm						Basics of Back Bend by Agnes	Core Control by Sufian
4pm to 5pm			###Active Flow Yoga by Agnes				
4:30pm to 5:30pm						Yoga for Core and Strengthening by Agnes	
4:45pm to 5:45pm							
5pm to 6pm		Hatha Yoga Flow by Shirleen			###Yoga for Core and Strengthening by Agnes		
5:30pm to 6:30pm	Relaxing Stretch Yoga by Shirleen		Relaxing Stretch Yoga by Shirleen				
6pm to 7pm							
6:30pm to 7:30pm		###Active Flow Yoga by Agnes					
7pm to 8pm	Stretch Yoga with Aromatherapy by Lou		Ashtanga Basics by Lou	**Yoga for Body Tension and Flexibility by Agnes	###Basic Yoga (AA) by Agnes		
7:30pm to 8:30pm							
8pm to 9pm		**Yoga for Back, Neck, Shoulder Tension Release by Agnes					
8:15pm to 9:15pm	Gentle Stretch and Hip Opening by Erna		Gentle Yoga with Back and Neck Therapy by Erna	BBB (Bands, Blocks and Bodyweight) Training by Sufian			

Book at least 24 hours ahead to ensure slots are allocated to you.
 Note: Classes and instructors are subject to changes without prior notice.
 Classes will close if we have private bookings or events.

**Recommended for all to attend to uncover your potential or any weaknesses for injury prevention and pain-free trainings or practice.
 1-to-1 consultation and a suitable programme will be recommended after this class.

###Available on selected days only subject to Teachers' availability.