



Active Hive Group Yoga & Functional Fitness Class Schedule

Sufian	Erna	Angeline	Lou	Agnes				
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Time								
8.00am to 9.00am				Rise & Shine Yoga by Angeline				
8.30am to 9.30am		Gentle Yoga with Back and Neck Therapy by Erna	###Gentle Stretch and Breathe by Agnes		####Yoga for Back, Neck, Shoulder Tension Release by Agnes	####Yoga for Back, Neck, Shoulder Tension Release by Agnes	###Gentle Stretch Yoga by Erna	
9.15am to 10.15am				Stretch Yoga by Angeline				
10am to 11am		Hatha Yoga by Erna	####Yoga for Body Tension and Flexibility by Agnes		####Yoga for Body Tension and Flexibility by Agnes	####Yoga for Body Tension and Flexibility by Agnes	###Gentle Yoga with Back and Neck Therapy by Erna	
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	
3.15pm to 4.15pm						###Yoga for Core and Strengthening by Agnes	Core Control by Sufian	
3.30 pm to 4.30pm						###Basics of BackBend by Agnes		
4.45pm to 5.45pm							###Gentle Yoga with Back and Neck Therapy by Erna	
5pm to 6pm		###Gentle Stretch and Breathe by Agnes		###Yoga for Core and Strengthening by Agnes				
7pm to 8pm	Ashtanga Basics by Lou	**Yoga for Back, Neck, Shoulder Tension Release by Agnes	Stretch Yoga with Aromatherapy by Lou	**Yoga for Body Tension and Flexibility by Agnes				
8.15pm to 9.15pm	Gentle Stretch and Hip Opening by Erna	**Yoga for Body Tension and Flexibility by Agnes	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 or our studio might be booked for private classes.