

Active Hive Group Yoga & Functional Fitness Class Schedule

Sufian	Erna	Lou	Agnes	Private Personal Yoga (Agnes)	Tsumamizaiku Trainers Course and Workshops		
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
8.30am to 9.30am					Private Personal Yoga (Agnes)		
9am to 10am						****Yoga for Back, Neck, Shoulder Tension Release by Agnes	***Gentle Stretch Yoga by Erna
10am to 11am					Private Personal Yoga (Agnes)		Tsumamizaiku Trainers Course/ Workshops on some months (Yoga Group Classes in the morning will be closed)
10am to 1pm			Tsumamizaiku Workshops				
10.30am to 11.30am	Tsumamizaiku Trainers Course					****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		***Gentle Stretch and Breathe by Agnes		***Gentle Stretch and Breathe by Agnes			Core Control by Sufian
3.30 pm to 4.30pm						***Yoga for Core and Strengthening by Agnes	
4.45pm to 5.45pm						***Basics of Back Bend by Agnes	***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.

Priority booking for students on packages and personal 1-to-1 classes.

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.