



YOGA SCHEDULE FEBRUARY 2024

FOLLOW PRANALOUNGE.LK / IG STORIES FOR UPDATES



ONLINE SCHEDULE HERE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|--|--|---------------------------------------|--|--|---|
| VINYASA ML 8.30 AM SERENA | ACTIVE STRETCH & RECOVERY ML 8:30 AM CHRISTINA | HATHA L2 7.00 AM (60) TARA | MYSORE SELF-PRACTICE 6:00 AM (120) | HATHA L1 7.00 AM (60) BIANCA | KUNDALINI L1 8.30 AM FIONA | SLOW FLOW L1 9.30 AM MARIAM |
| HIMALAYAN KRIYA L1 8.30 AM FLO | CORE & RESTORE ML 9.30 AM SASHA | ASHTANGA ML 8.30 AM (90) SHEY | HATHA L1 7.00 AM (60) BIANCA | SIVANANDA L1 8.30AM SERENA | ASHTANGA ML (90) 8.30 AM SHEY | VINYASA ML 11.00 AM CHRISTINA |
| KUNDALINI ML 10.00 AM NATASHA | MEDITATION & BREATHWORK L1 10.30 AM SHRI | VINYASA ML 10.30 AM SASHA / JACKY | CORE & RESTORE ML 9.30 AM SASHA | ASHTANGA ML 8.30 AM (90) SHEY | BHAKTI VINYASA L1 10.00 AM (90) TARA | KIDS MINDFULNESS AGE 8+ 11.00AM MEREDITH |
| SLOW FLOW L1 10.30 AM BIANCA | HATHA # L1 6.15 PM TARA | HEALING MEDITATION ML 6.15 PM (60) NATASHA | HATHA ML 10.30AM SHARMILA | VINYASA ML 10.30 AM JACKY | VINYASA ML 11.00 AM SHARMILA / SASHA | HEALING MEDITATION ML 4.00 PM (60) NATASHA |
| VINYASA ML 6.15 PM SHEY | ASHTANGA ML 6.15 PM SHEY | PRE-NATAL L1 6.15 PM SERENA | KIDS AGE 4+ 3.30 PM MEREDITH | RESTORATIVE YIN L1 4.00 PM AISHA | KIDS YOGA AGE 6 + 11.00 AM MEREDITH | |
| YIN L1 6.15 PM CHRISTINA | | | HATHA ML 6.15 PM CHRISTINA | | | |
| | | | PILATES ML 6.15MPM THUSHARA | | | |

L1 = BEGINNER / GENTLE ∞ L2 = MINIMUM 6 MONTHS EXPERIENCE ∞ ML = MIXED LEVELS / OPEN TO ALL
CLASS DURATION IS 75 MIN IF NOT INDICATED OTHERWISE