



Yoga & Massage Studio

ONLINE YOGA SCHEDULE

TO REGISTER FOR CLASSES VISIT: [INLIGHT.PT/YOGA](http://inlight.pt/yoga)
OR JOIN US IN PERSON AT THE STUDIO IN LAGOS.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7/7:30am			7:00am Hatha Yoga Puck (70')	7:30am Hatha Yoga Izabella (60')			9:30am Hatha Yoga Cony (75')
8:30am *		Yin & Yang Puck (70')	---- Mat Pilates Claire (60')			Mat Pilates Claire (60')	& 9:30am Akhanda Hatha Yoga Puck (90')
10am	Iyengar inspired Yoga Puck (75')	Hatha in Depth Puck (75')		Hatha & Core Yoga Isabel (75')	Iyengar inspired Yoga Puck (75')	Embodiment Flow Yoga Cony (75')	
12:30pm	Gentle Yoga Isabel (75')	Kundalini Yoga Izabella (75')	Yoga Stretch Isabel (75')	Gentle Flow Yoga Cony (75')	Yoga Stretch Isabel (75')	& 10am Flow into Stillness Åsa (75')	
6pm	Ashtanga Yoga Led Primary Series Isabel (90')	Tantra Yoga Cony (75')	Hatha Yoga Isabel (75')	Ashtanga Yoga Led Primary Series Isabel (90')		Yin Yoga Åsa (75')	
7:45pm	---- Mat Pilates Iza (60')	Yin Yoga Åsa (75')	Chakra Yin Yoga Natasha (60')				

* Currently on Mon, Tue, Thu & Fri 8.30 - 9am also: Morning Chakra Yoga with Natasha.

Updated 22 April, 2021

All classes delivered via ZOOM as
interactive live streaming experience.

Online fees range from €4 - €10/ class.
Times are Lisbon/London UK zone

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