



Infinity Hot Yoga

NEW Schedule from 01 Feb 2018

Day	Time	Class	Duration
Monday	10:00 AM	Fierce Grace	90 Min
	6:30 PM	Evolve <i>(Not suitable for Beginners)</i>	90 Min
	8:30 PM	Infinity 60	60 Min
Tuesday	10:00 AM	Infinity 90	90 Min
	12:45 PM	Lunchtime Yoga	45 Min
	6:15 PM	Deep Core	75 Min
	8:00 PM	Classic	90 Min
Wednesday	10:00 AM	Infinity Flow	75 Min
	12:45 PM	Lunchtime Pilates	45 Min
	5:30 PM	Infinity 60	60 Min
	7:00 PM	Wild	60 Min
	8.30 PM	Elementary	60 Min
Thursday	07:00 AM	Infinity 60	60 Min
	10:00 AM	Deep Core	75 Min
	6:30 PM	Infinity 75	75 Min
	8:15 PM	Dark Deep Core	75 Min
Friday	10:00 AM	Classic	90 Min
	6:30 PM	Wild	60 Min
Saturday	09:00 AM	Fierce Grace	90 Min
	11:00 AM	Beyond <i>(Not suitable for beginners)</i>	90 Min
	OR	03 Feb & 03Mar	
	11:00 AM	Infinity Sports 10 & 24 Feb, 10 & 24 Mar	75 Min
Sunday	10:00 AM	Deep Core	75 Min
	12:00 PM	Deep Core	75 Min
Workshops - €25 Non Members & €20 Full Members			
Sun 04 Feb	4 pm	Mudras, Mantras & Meditation	2 hrs
Sat 17 Feb	1 pm	Yin Yoga	2 hrs
Sun 25 Mar	2:30 pm	Restorative Yoga	2 hrs

