

Croydon Hotel Class Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| | | <p>9:30AM Shakti Morning Flow Silvina</p> | | <p>9:30AM Shakti Morning Flow Silvina</p> | <p>9:15AM Hatha Yoga Maggie Arias</p> | <p>9:30AM Naam Yoga Eugene Gant</p> |
| | | <p>6PM Karate Yoga On the Rooftop Michael</p> | | | <p>10:30AM Shakti Flow Silvina</p> | |
| <p>7PM Sunset Yoga at the Rooftop Silvina</p> | <p>7PM Vinyasa Flow Bethany</p> | <p>7PM Sunset Yoga at the Rooftop Silvina</p> | <p>7PM Sunset Yoga at the Rooftop Silvina</p> | | | |
| <p>8:30PM Naam Yoga Eugene Gant</p> | <p>8:30PM Naam Yoga Eugene Gant</p> | | | | | |