



## BREEZE XMAS HOLIDAY SCHEDULE 23<sup>rd</sup> DECEMBER – 3<sup>rd</sup> JANUARY 2024

### MONDAY 23<sup>rd</sup> DECEMBER (open 07:30 - 19:30)

08.00-09.00	HOT ALIGN & FLOW YOGA OPEN	LISA
08.15-09.00	RIDE 45   RIDE RISE & SHINE	CLAUDIA
09.30-10.15	BARRE   SIGNATURE BREEZE	CLAUDIA
09.30-10.45	HOT YOGA FLOW 1/2	HASSAN
09.30-10.30	PILATES OPEN	KIRSTY
11.15-12.15	HOT YOGA OPEN (26/2)	SAM R
12.45-13.30	HOT LUNCHTIME FLOW	HASSAN
18.00-19.00	ONLINE PILATES OPEN	GOSIA
18:00-19:00	HOT YOGA OPEN (26/2)	GIOVINA
18.30-19.15	BARRE BREEZE SIGNATURE	SUMMER
18.30-19.30	HATHA YOGA OPEN	ELIZABETH
18.30-19.15	RIDE 45   RIDE RISE & SHINE	BRENDA

### CHRISTMAS EVE

#### TUESDAY 24<sup>th</sup> DECEMBER (open 07:30 - 12:45)

08.00-09.00	HOT YOGA FLOW OPEN	SUZY
08.15-09.00	RIDE 45   RIDE RISE & SHINE	SVEDANA
09.15-10.30	BARRE   SIGNATURE BREEZE	SAL
09.15-10.30	VINYASA FLOW OPEN	IMIR
09.30-10.30	ONLINE PILATES OPEN	GOSIA
09.30-11.00	HOT YOGA OPEN (26/2)	SAM M
11.00-12.00	PILATES OPEN	GILLIAN
11.30-12.45	HOT CHRISTMAS EVE FLOW OPEN	WAILING

### WEDNESDAY 25<sup>TH</sup> & THURSDAY 26<sup>TH</sup> DECEMBER CHRISTMAS DAY & BOXING DAY CLOSED

#### FRIDAY 27<sup>th</sup> DECEMBER (open 09:00 - 13:30)

08.00 - 08.45	RIDE 45   RIDE RISE & SHINE	CAT
08.00 - 09.00	VINYASA FLOW OPEN	MATT
09:30 - 11:00	HOT YOGA OPEN (26/2)	LUCY
09:30 - 10:30	VINYASA FLOW 2	STEVE
11:00 - 12:00	PILATES OPEN	TANYA
11:15 - 12:30	HOT VINYASA FLOW OPEN	FATMA
12.30 - 13.30	SOUND MEDITATION OPEN	JUNIOR

#### SATURDAY 28<sup>th</sup> DECEMBER (open 07:15 - 14:30)

08.00-09.00	HATHA YOGA OPEN	JUNIOR
08.00-09.15	HOT YOGA FLOW 2	SUZY
09.30 - 10.15	RIDE 45   THE WEEKEND RIDE	SUZY
09.45-11.00	HOT FORREST YOGA OPEN	LIES
10.45-11.45	PILATES OPEN	VICTORIA
11.30-12.45	HOT YOGA FLOW 1	ANTON
12.00-13.00	VINYASA FLOW OPEN	FATMA
13.15-14.30	WARM YIN & ALCHEMY BOWLS OPEN	FATMA

### SUNDAY 29<sup>th</sup> DECEMBER (open 07:30 - 12:30)

08:00-09.15	HOT YOGA FLOW 2/3	AGNETA
09.00-09.45	BARRE   SIGNATURE BREEZE	GERRARD
09:00-10.00	PILATES OPEN	TANYA
09.45-11.00	HOT FORREST YOGA OPEN	JUNIOR
10:15-11.15	VINYASA FLOW OPEN	HASSAN
11.15-12.30	HOT YOGA CONDITIONING	ERIN

### MONDAY 30<sup>TH</sup> DECEMBER (open 07:30 - 19:30)

08.00-09.00	HOT ALIGN & FLOW YOGA OPEN	LISA
08.00-08.45	RIDE 45   RIDE RISE & SHINE	MICKEY
09.30-10.15	BARRE   SIGNATURE BREEZE	DAISY
09.30-10.45	HOT YOGA FLOW 1/2	HASSAN
09.30-10.30	PILATES OPEN	KIRSTY
11.15-12.15	HOT YOGA OPEN (26/2)	SAM R
12.45-13.30	HOT LUNCHTIME FLOW	HASSAN
18:00-19.00	HOT YOGA OPEN (26/2)	GIOVINA
18.30-19.15	BREEZE BARRE SIGNATURE	SUMMER
18.30-19.30	HATHA YOGA OPEN	ELIZABETH
18.30-19.15	RIDE 45   RIDE RISE & SHINE	BRENDA

### NEW YEARS EVE

#### TUESDAY 31<sup>st</sup> DECEMBER 2024 (open 07:30 - 13:30)

08.00-09.00	HOT YOGA FLOW OPEN	SUZY
08.15-09.00	RIDE 45   RIDE RISE & SHINE	SVEDANA
09.15-10.30	BARRE   SIGNATURE BREEZE	SAL
09.15-10.30	VINYASA FLOW OPEN	IMIR
09.30-11.00	HOT YOGA OPEN (26/2)	LUCY
11.00-12.00	PILATES OPEN	TANYA
12.45-13.30	HOT LUNCHTIME FLOW	SALVO

### NEW YEARS DAY

#### WEDNESDAY 1<sup>st</sup> JANUARY 2024 (open 08:30 - 10:30)

09:00 - 10:30	HOT NEW YEAR YOGA (26/2) OPEN	SAM R
09:15 - 10:30	NEW YEAR THAI YOGA OPEN	KIRSTY

### REGULAR SCHEDULE FROM THURS 2<sup>ND</sup> JAN

Read about different classes at:

[www.breezeyoga.co.uk](http://www.breezeyoga.co.uk)

Or call: 020 8658 6808

Please note: This PDF timetable is subject to change, a live timetable is available to view on our website

Freedom to be...