

# VIKASATI MOVE TIMETABLE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

430am  
Small Group PT

430am  
Small Group PT

430am  
Small Group PT

520am  
Small Group PT

520am  
Small Group PT

520am  
Small Group PT

520am  
Small Group PT

520am  
Small Group PT

6am(fortnightly)  
Yoga Flow

610am  
Small Group PT

610am  
Small Group PT

610am  
Small Group PT

610am  
Small Group PT

610am  
Small Group PT

630am  
Met Con

7am  
Small Group PT

7am  
Small Group PT

7am  
Small Group PT

7am  
Small Group PT

7am  
Small Group PT

730am  
Met Con

9am  
Small Group PT

9am  
Small Group PT

9am  
Small Group PT

9am  
Small Group PT

9am  
Small Group PT

1210pm  
Small Group PT

1210pm  
Small Group PT

1210pm  
Small Group PT

520pm  
Small Group PT

520pm  
Small Group PT

520pm  
Small Group PT

520pm  
Small Group PT

4pm  
Yin Yoga

610pm  
Small Group PT

610pm  
Small Group PT

610pm  
Small Group PT

610pm  
Small Group PT