

# REGULAR YOGA CLASSES



# GOZO 2019

Day of the week	time from-to	Location	Name of class	Yoga Teacher	Short description	Contact Phone	Contact e-mail
Monday	07.00-08.00	Xwejni Beach, Marsalforn	Yoga by the sea	Nop	Hatha Yoga flow	00356-77 119 767	yellowrockyoga@mail.com
Monday	09.15-10.30	L-Gharix Temple Xaghra	Mixed Level Yoga	Teresa	for beginners	00356-79 410 704	massageyoga1@yahoo.com
Monday	09.30-10.30	Satori, Xaghra	Aerial Yoga Trapeze	Timi	Aerial yoga in a hammok	0036 706 363 404	mentia28@gmail.com
Monday	18.00-19.00	Xaghra	Kids Yoga (6-10 years)	Teresa	yoga for kids	00356-79 410 704	massageyoga1@yahoo.com
Monday	18.30-19.30	Gozo Sportscomplex, Victoria	Fityoga	Nop	Mix of yoga, pilates and fitness	00356-77 119 767	yellowrockyoga@mail.com
Monday	19.00-20.30	17 Bishop Molina Street, Gharb	Kriya Asana Class	Michelle	pranayama, chanting, kriyas, asanas & meditation All levels welcome	00356-99 670 342	info@michellebartoloyoga.com
Tuesday	07.00-08.00	Qbajjar Batterija, Marsalforn	Fityoga by the sea	Monique	Mix of yoga, pilates and fitness	00356 77 300 231	yellowrockyoga@mail.com
Tuesday	07.00-08.00	Xlendi, Palm Garden	Morning Yoga	Lina	Hatha Yoga - all levels	00356-99 503 655	hello@doyogawithlina.com
Tuesday	17.00-18.15	L-Gharix Temple, Xaghra	Hatha Yoga with a Flow	Teresa	All levels	00356-79 410 704	massageyoga1@yahoo.com
Tuesday	18.30-19.30	Xwejni Beach, Marsalforn	Hatha Yoga by the sea	Monique	Hatha yoga flow	00356 77 300 231	yellowrockyoga@mail.com
Tuesday	19.00-20.30	Satori, Xaghra	Back To Basics	Antje	Hatha Yoga for beginners	00356-99 485 704	gozofreediving@gmail.com
Wednesday	07.00-08.00	Xwejni Beach, Marsalforn	Fityoga by thge sea	Nop	Mix of yoga, pilates and fitness	00356-77 119 767	yellowrockyoga@mail.com
Wednesday	18.30-19.30	Xlendi	Sunset Yoga by the Sea	Lina	Hatha Yoga - all levels	00356-99 503 655	hello@doyogawithlina.com
Wednesday	19.00-20.30	Satori, Xaghra	Classic Hatha Yoga with a Flow	Antje	More Advanced class	00356-99 485 704	gozofreediving@gmail.com
Wednesday	09.30-11.00	17 Bishop Molina Street, Gharb	Kriya Asana Class	Michelle	pranayama, chanting, kriyas, asanas & meditation All levels welcome	00356-99 670 342	info@michellebartoloyoga.com
Wednesday	19.00-20.30						
Thursday	07.45-08.45	Kinetika, Victoria	Morning Hatha Yoga Class	Antje	Pranayama, Dynamic Stretching, Strengthening Yoga for all levels	00356-99 485 704	gozofreediving@gmail.com
Thursday	09.00 - 10.15	Satori, Xaghra	Yin Yoga	Monique	Yin Yoga	00356-77 300 231	
Thursday	17.45-18.45	Gozo Sportscomplex, Victoria	Yoga for beginners		Hatha Yoga for beginners		yellowrockyoga@mail.com
Thursday	18.30-19.30	Xwejni Beach, Marsalforn	Sunset Fityoga by the sea	Nop	Mix of yoga, pilates and fitness	00356 77-119 767	
Fridays	07.00-08.00	Qbajjar Batterija Marsalforn	Hatha Yoga by the sea	Monique	Hatha Yoga flow	00356-77-300 231	
Fridays	19.30-20.30	Satori, Xaghra	Aerial Yoga Trapeze	Timi	Aerial Yoga in a hammok	0036-706 363 404	mentia28@gmail.com
Saturday	07.00-08.00	Qbajjar Batterija Masalforn	Fityoga by the sea	Nop	Mix of yoga, pilates and fitness	00356-77 119 767	
Saturday	12.00-13.00	Gozo Sportscomplex, Victoria	Hatha Yoga	Monique	Hatha Yoga mixed level	00356-77 300 231	yellowrockyoga@mail.com
Sunday	08.00-09.15	Salt pans behind Qbajjar Batterija	Yin Yoga by the sea		Outdoor Yin Yoga		