

# blessed



To book download Blessed Yoga from the App Store

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:14 - 07:15	SUNRISE ENERGISE		SUNRISE ENERGISE		SUNRISE ENERGISE		
08:00 - 09:00						ENERGISE	
09:00 - 10:00		ENERGISE		ENERGISE			
09:00 - 10:30					IMMERSE		
09:15 - 10:15	ENERGISE						
09:30 - 10:45							ENERGISE
10:30 - 11:30		SLOW	ENERGISE				
11:00 - 12:00	ENERGISE			BASIC			
12:00 - 13:00		ENERGISE					
18:00 - 19:00	ENERGISE	ENERGISE	ENERGISE	ENERGISE			SLOW
19:30 - 20:45		ENERGISE					

\*Terms: please note timetable is subject to variations please book through the app

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

[hello@weareblessed.co.uk](mailto:hello@weareblessed.co.uk)

[@\\_weareblessed](https://www.instagram.com/_weareblessed)

[@weareblessedyoga](https://www.facebook.com/weareblessedyoga)

Supporting Africa Yoga Project and the British Yoga Project