



# HATHA FLOW YOGA

**From August 2025**  
**Every Saturday, 10.30am - 11.30am**  
**B1 Gym Studio**

**Flow with intention. Breathe with balance.**

A blend of Hatha and Vinyasa yoga styles that cultivates strength, flexibility, and mindfulness. Experience fluid transitions paired with breathwork in a calming, full-body practice.

## **Terms and Conditions:**

This program is open to SRC Members only. Registration is subject to availability. A minimum of 6 participants is required to commence, and class sizes are limited to 6 to 10 participants. There will be no classes on Public Holidays. Please note that no refunds or make-up sessions will be provided for no-shows. Bookings must be made at least 24 hours in advance, and cancellations made within 24 hours of the class will still be charged.



**Contact: Gym Studio**

☎ 6595 0580

✉ [gym.sports@src.org.sg](mailto:gym.sports@src.org.sg)

**\$25+**

Per Member  
Per Lesson



@sgrecreationclub