



Studio Timetable



Monday

9.30am	Zen Yoga with Justine
11.00am	<u>Strength & Spirit Yoga</u>
6.30pm	<u>Vinyasa Flow with Devon</u>
8.00pm	<u>Slow Flow Candlelit Yoga with Cass</u>

Tuesday

9.15am	<u>Vinyasa with Sara</u>
11.00am	<u>Gentle Yoga with Cass</u>
12.30pm	<u>Express Yoga with Cass (35 mins)</u>
6.00pm	<u>Prenatal Yoga with Kim</u>
8.00pm	<u>Soma Sound & Wellness - Breathwork, Meditation & Sound Bath (Fortnightly)</u>
8.00pm	<u>Restorative Yoga with Cass (Monthly)</u>

Wednesday

10.00am	Yoga with Catie
7.15pm	<u>Deep Stretch with Devon</u>

Thursday

9.30am	<u>Morning Yoga Flow with Cass</u>
11.00am	<u>Bring Your Baby Yoga</u>
12.30pm	<u>Gentle Yoga with Cass</u>
3.00pm	<u>Yin Yoga with Jan</u>
6.00pm	<u>2Stiff4Yoga with Yvette - All levels</u>
7.30pm	<u>Self Care Yoga Club with Kimmy</u>

Friday

9.30am	Yoga with Catie
5.45pm	<u>Pilates by Amy</u>
7.00pm (monthly)	<u>Sound Bath with Matt</u>
7.00pm (monthly)	<u>Breathwork with Sucram Yoga</u>
7.00pm (fortnightly)	Moon Circle with Sophie

Saturday

10.00am	<u>Weekend Warrior with Sara</u>
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Sunday

3.30pm	<u>Yoga with Sara</u>
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