

TIMETABLE

MONDAY

9:15 - 10:30am

11:00 - 12:00

5:30 - 7:00pm

TUESDAY

9:15 - 10:30am

11:00 - 12:00

3:30 - 4:30pm

5:30 - 6:30pm

WEDNESDAY

7:30 - 8:30am

9:00 - 10:30am

6:00 - 7:00pm

THURSDAY

6:15 - 7:15am

9:30 - 11:00am

4:00 - 5:00pm

5:30 - 6:30pm

7:00 - 8:00pm

FRIDAY

9:00 - 10:00am

10:30 - 11:45am

SATURDAY

9:00 - 10:00am

4:00 - 5:00pm

SUNDAY

3:00 - 4:30pm

STYLE

Yoga - back & core

Pilates

Yoga - yin & yoga nidra

Yoga - Synergy

Pilates

Kids Yoga & art

Yoga - slow flow

Pranayama/breathwork

Yoga - basics

Pilates

Yoga - rise & shine (starts 7/10)

Yoga - gentle flow

Yoga - roll & release

Yoga - yin healing

Pilates

Pilates

Yoga - absolute beginners

Community Yoga (donation)

Sound Healing (fortnightly)

Yoga - nourishing flow

TEACHER

Emma

Clare G.

Sonia

Clare Y.

Clare G.

Kylie

Alex

Dorthe Joy

Sonia

Clare G.

Emma

Dorthe Joy

Clare Y.

Jade

Clare G.

Clare G.

Sumer

Various

Dorthe Joy

Jade