

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 <b>Yoga Flow</b> Energising - Level 2	9:00 - 10:00 <b>Pilates</b> Strengthening - Level 2	9:30 - 10:30 <b>Yoga</b> Strengthening - Level 2	9:30 - 10:30 <b>Yoga Flow</b> Energising - Level 2	9:30 - 10:30 <b>Pilates</b> Strengthening - Level 2	8:00 - 9:15 <b>Vinyasa Yoga Flow</b> Energising - Level 3	7:00 - 9:00 <b>Ashtanga Mysore Practice</b> Strengthening - Level 2
10:30 - 11:30 <b>Breathing Space</b> Calming - Level 1	9:30 - 10:30 <b>Yoga Flow</b> Energising - Level 2	10:30 - 11:15 <b>Deep Relaxation</b> Calming - Level 1	10:30 - 11:30 <b>Pilates</b> Strengthening - Level 2	9:45 - 10:30 <b>Meditation</b> Calming - Level 1	9:00 - 10:00 <b>Pilates</b> Strengthening - Level 2	9:00 - 10:15 <b>Ashtanga Led</b> Strengthening - Level 3
16:30 - 17:15 <b>*Kids Mindfulness 4wk</b> Calming - Level 1	10:00 - 11:00 <b>Yoga Basics</b> Basics - Level 1	11:30 - 12:45 <b>*Baby Bumpkin Yoga 6wk</b> Specialist - Level 1	18:00 - 19:15 <b>Yoga Flow</b> Energising - Level 2	10:30 - 11:30 <b>Yoga</b> Strengthening - Level 2	10:00 - 11:00 <b>Yoga Flow</b> Energising - Level 2	10:30 - 11:30 <b>Yoga Flow</b> Energising - Level 2
17:45 - 18:45 <b>Vinyasa Yoga Flow</b> Energising - Level 3	10:30 - 11:30 <b>Yin Yoga</b> Calming - Level 1	18:00 - 19:00 <b>Yoga Flow</b> Energising - Level 2	18:15 - 19:15 <b>Yin Yoga</b> Calming - Level 1	11:40 - 12:40 <b>Restorative Yoga</b> Calming - Level 1	11:00 - 12:00 <b>Recharge &amp; Restore</b> Calming - Level 1	11:30 - 12:30 <b>Yin Yoga</b> Calming - Level 1
18:00 - 19:00 <b>Yoga Basics</b> Basics - Level 1	18:00 - 19:00 <b>Yoga Flow</b> Energising - Level 2	18:15 - 19:15 <b>Yoga Basics</b> Basics - Level 1	19:15 - 20:15 <b>*Pregnancy Yoga 6wk</b> Specialist - Level 1	18:00 - 19:00 <b>Yoga Flow &amp; Restore</b> Energising - Level 2	12:30 - 14:00 <b>*Dynamic Flow Yoga</b> Energising - Level 3	18:00 - 20:30 <b>*Monthly Blissfest</b> Calming - Level 1
18:45 - 19:45 <b>*Intro to Ashtanga 4wk</b> Strengthening - Level 1	18:15 - 19:15 <b>*Intro to Yoga 4wk</b> Basics - Level 1	19:00 - 20:00 <b>Pilates</b> Strengthening - Level 2	19:15 - 20:00 <b>Meditation</b> Calming - Level 1	18:00 - 19:30 <b>*Staying Mindful Group</b> Calming - Level 2	14:30 - 16:00 <b>*Family Yoga (5 - 15yo)</b> Energising - Level 1	
19:00 - 20:00 <b>*Pregnancy Yoga 6wk</b> Specialist - Level 1	19:00 - 21:00 <b>*Mindfulness 8wk</b> Calming - Level 1	20:00 - 21:00 <b>*Intro to Mindfulness 4wk</b> Basics - Level 1	20:00 - 21:00 <b>Yoga</b> Strengthening - Level 2			
19:45 - 20:45 <b>*Intro to Yoga 4wk</b> Basics - Level 1	19:00 - 20:00 <b>Yin Yoga</b> Calming - Level 1	20:00 - 21:00 <b>*Intro to Pilates 4wk</b> Basics - Level 1				
20:00 - 21:00 <b>Yoga Flow &amp; Restore</b> Energising - Level 2	19:15 - 20:15 <b>Yoga Basics</b> Basics - Level 1					
	20:00 - 21:00 <b>Yoga Flow</b> Energising - Level 2					
	20:15 - 21:00 <b>Deep Relaxation</b> Calming - Level 1					

While all of our classes have the potential to energise, strengthen and leave you feeling calm, some classes emphasise one element more than others:

**Basics** - Intro Courses and yoga classes suited towards those at the start of their practice.

**Calming** - For those that need to recharge their week. Plenty to choose from including Yin Yoga, Deep Relaxation, Meditation and more.

**Strengthening** - Perfect for those looking for a challenge, or maybe a light sweat. Yoga, Ashtanga and Pilates are included here.

**Energising** - Invigorate and liven up your week. Dynamic and flow style classes can be found here

**Specialist** - With a specific purpose in mind, you'll know if these classes are right for you. Pregnancy and Baby yoga will be included here.

\* - Pre-booking essential. See website for info and prices.

Level 1 - Open to any experience.

Level 2 - Some experience (6m+ regular practice recommended)

Level 3 - Experienced (1yr+ regular practice recommended)