

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:30 - 10:30
Yoga Flow
Energising - **Level 2**

9:00 - 10:00
Pilates
Strengthening - **Level 2**

9:30 - 10:30
Yoga
Strengthening - **Level 2**

9:30 - 10:30
Yoga Flow
Energising - **Level 2**

9:30 - 10:30
Pilates
Strengthening - **Level 2**

8:00 - 9:00
Vinyasa Yoga Flow
Energising - **Level 3**

7:00 - 9:00
Ashtanga Mysore Practice
Strengthening - **Level 2**

10:30 - 11:30
Breathing Space
Calming - **Level 1**

9:30 - 10:30
Yoga Flow
Energising - **Level 2**

10:30 - 11:15
Deep Relaxation
Calming - **Level 1**

10:30 - 11:30
Pilates
Strengthening - **Level 2**

9:45 - 10:30
Meditation
Calming - **Level 1**

9:00 - 10:00
Pilates
Strengthening - **Level 2**

9:00 - 10:15
Ashtanga Led
Strengthening - **Level 3**

16:30 - 17:15
***Kids Mindfulness 4wk**
Calming - **Level 1**

10:00 - 11:00
Yoga Basics
Basics - **Level 1**

11:30 - 12:45
***Baby Bumpkin Yoga 6wk**
Specialist - **Level 1**

11:30 - 12:45
***Baby & Me Yoga 6wk**
Specialist - **Level 1**

10:30 - 11:30
Yoga
Strengthening - **Level 2**

10:00 - 11:00
Yoga Flow
Energising - **Level 2**

10:30 - 11:30
Yoga Flow
Energising - **Level 2**

17:45 - 18:45
Vinyasa Yoga Flow
Energising - **Level 3**

10:30 - 11:30
Yin Yoga
Calming - **Level 1**

18:00 - 19:00
Yoga Flow
Energising - **Level 2**

18:00 - 19:15
Yoga Flow
Energising - **Level 2**

11:40 - 12:40
Restorative Yoga
Calming - **Level 1**

11:00 - 12:00
Recharge & Restore
Calming - **Level 1**

11:30 - 12:30
Yin Yoga
Calming - **Level 1**

18:00 - 19:00
Yoga Basics
Basics - **Level 1**

11:00 - 12:00
***Intro to Yoga 4wk**
Basics - **Level 1**

18:15 - 19:15
Yoga Basics
Basics - **Level 1**

18:15 - 19:15
Yin Yoga
Calming - **Level 1**

18:00 - 19:00
Yoga Flow & Restore
Energising - **Level 2**

12:30 - 14:00
***Dynamic Flow Yoga**
Energising - **Level 3**

18:00 - 20:30
***Monthly Blissfest**
Calming - **Level 1**

18:45 - 19:45
***Intro to Ashtanga 4wk**
Strengthening - **Level 1**

18:00 - 19:00
Yoga Flow
Energising - **Level 2**

19:00 - 20:00
Pilates
Strengthening - **Level 2**

19:15 - 20:15
***Pregnancy Yoga 6wk**
Specialist - **Level 1**

18:00 - 19:30
***Staying Mindful Group**
Calming - **Level 2**

14:30 - 16:00
***Family Yoga (5 - 15yo)**
Energising - **Level 1**

19:00 - 20:00
Yin Yoga
Calming - **Level 1**

18:15 - 19:15
***Intro to Yoga 4wk**
Basics - **Level 1**

20:00 - 21:00
***Intro to Mindfulness 4wk**
Basics - **Level 1**

19:15 - 20:00
Meditation
Calming - **Level 1**

19:45 - 20:45
***Intro to Yoga 4wk**
Basics - **Level 1**

19:00 - 21:00
***Mindfulness 8wk**
Calming - **Level 1**

20:00 - 21:00
***Intro to Pilates 4wk**
Basics - **Level 1**

20:00 - 21:00
Yoga
Strengthening - **Level 2**

20:00 - 21:00
***Pregnancy Yoga 6wk**
Specialist - **Level 1**

19:00 - 20:00
Yin Yoga
Calming - **Level 1**

20:15 - 21:15
***Intro to Yoga 4wk**
Basics - **Level 1**

19:15 - 20:15
Yoga Basics
Basics - **Level 1**

20:00 - 21:00
Yoga Flow
Energising - **Level 2**

20:15 - 21:00
Deep Relaxation
Calming - **Level 1**

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

Level 1 - Open to any experience.

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

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

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.