

Class Timetable

Effective as of June 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM 6	New Class Uplift and Rebalance Jamie	* Course	Slow Flow Georgina	Vinyasa Yoga Michael	Vinyasa Flow Fiamma		
7:15		Rebalance and Refresh Tanya		New Class 28th June Mat Pilates Jackie			
8						Organic Flow Peter	Organic Flow Peter
9:15	Slow Deep Stretch Jamie	Vinyasa Yoga Nirvana	Slow Flow Georgina	Mindful Movements Lloyd	Vinyasa Yoga Nirvana		
9:30						Slow Deep Stretch Peter	
10:45		Slow Deep Stretch Pamela		* Course	Slow Deep Stretch Pamela		
11:30						* Course	
PM 4:15	New Class Mat Pilates Jackie	* Course	Mindful Movements Lloyd	Strength in Motion Lloyd	Slow Flow Katie	4 pm Slow Flow Georgina	New Time 4 pm Flow to Restore Peter
5							
5:30	Align and Flow lv2 Katie	Vinyasa Flow Sana	Vinyasa Yoga Fiamma	Slow Deep Stretch Sharon			
6:45	Slow Deep Stretch Katie	Slow Flow Sana	Slow Flow Fiamma	New Class Yang to Yin Sharon			6:15 pm * Meditation Course

* Book into classes either at the studio or online

* Yoga Courses require prior bookings. Check Events Tab for details