



SCHEDULE

Monday

9.15am - Level 1 Flow

6.00pm - Level 2 Flow

7.30pm - Absolute Beginners

Tuesday

6.00pm - Pilates (Mixed Level)

7.30pm - Yin Yoga

Wednesday

6.00pm - Soulful & Strong Hatha

12.30 - Chair Yoga

7.15pm - Birth Power

8.30pm - Slow Yoga

Thursday

9.30am - Nervous System Reset

11.00am - Mother and Baby Yoga

7.00pm - Vinyasa Flow

Friday

7.00am - Express Sunrise Flow (Level 1/2)

7.00pm - Mindfulness Based Stress Reduction

Saturday

9.30am - Functional Flow (All levels)

****Events and workshops will take place most weekends**