

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Vinyasa - Flow			6:30am Vinyasa - Flow		7:30am Mobility, Movement & Mindfulness	
9:15am Pilates - Mat 	8:15am Slow Flow Yoga	9:15am Barre Attack/Circuit (alternating weeks)  	9:15am Pilates - Mat 	9:15am Suspension Circuit  	8:45am Vinyasa - Level 1	8:15am Chair Yoga
10:15am Kangatraining 	9:30am Mums & Bubs Yoga 			10:15am Kangatraining 	10:00am Pilates 	9:15am Vin & Yin Yoga
11:30am Free Mum's Group 			11:00am Free Mum's Group 		11:00am Slow Flow (Beginner)	11:00am I AM Yoga
5:15pm Suspension Circuit 		5:15pm Suspension Circuit 	4:30pm Chair Yoga			
6:00pm Pilates - Mat	6:00pm Barre Attack	6:15pm Myofascial Release Yoga	6:45pm Hatha Yoga			
7:15pm Prenatal Yoga	7:00pm Sculpt Pilates	7:30pm Yin & Meditation	8:00pm Yin Yoga			



Family Friendly Class



Comfortable Footwear Required