

CLASS TIMETABLE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|-------------------------|-------------------------|------------------------|----------------------------|------------------------|--------------------------|
| 6:00am Flow | 6:00am Flow | 6:00am Slow Flow | 6:00am Yin | 6:00am Flow | | |
| | | | | | 8:00am Flow | 8:00am Slow Flow |
| 9:30am Slow Flow | 9:30am Yin | 9:30am Flow | 9:30am Flow | 9:30am Slow Flow | 9:30am Slow Flow | 9:30am Flow |
| 11:00am Restore | 11:00am Slow Flow | 11:00am Yin Restore | 11:00am Gentle | 11:00am Yin | 11:00am Yin Restore | |
| | | | | | 3:00pm Align Flow | |
| 4:30pm Kids 9 - 13* | 4:30pm Teen 13 - 16* | 4:30pm Yin | 4:30pm Restore | | 4:30pm Yin | 4:30pm Flow |
| 6:15pm Align Flow | 6:15pm Flow | 6:15pm Slow Flow | 6:15pm Flow | 6:00 (90m) Flow Yin Med | | 5:45pm Yin |
| 7:30pm Yin | 7:30pm Slow + Yin | 7:30 (75m) Yin + Med | 7:30pm Progressions | | | 7:00pm Meditate Nidra |

*Kids Yoga and Teen Yoga are Term Bookings. Please book directly from the Pricing page on the Website.

Timetable valid from February 2019

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