

SUNDAYS

MONDAYS


TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

8am (60 mins) 
Saturday Flow
Heather Fenton

9:30am (60 mins)
Rise + Shine
Megs Bennett

9:30am (60 mins) **G**
Morning Mobility
Jo Moore

9:30am (60 mins)
Divine Align
Megs Bennett

9:30am (75 mins)
Insight Yoga
Heather Fenton


11am (75 mins)
Soul Flow
Caroline Sorel

11am (60 mins) **G**
Gentle Yoga
Megs Bennett

11am (60 mins) **G**
Gentle Yoga
Megs Bennett

1pm (90 mins)
Kids' Yoga
Monthly: Apr 21, May 26
Jo Moore

6pm (60 mins)
Evening Hatha
Caroline Sorel

5:30pm (60 mins) 
Vinyasa Flow
Caroline Sorel

7pm (75 mins)
Loving Your Hips!
(Apr 15 - May 6)
Caroline Sorel

7pm (90 mins)
Insight Meditation
Heather Fenton

7pm (75 mins)
Insight Yoga
Heather Fenton


 **Weekly Class*** (drop-in, class pass or membership)

 **Weekly Class*** (FREE, by donation)

 **Pre-registered Course****

All unmarked classes are of **moderate** intensity, suitable for all levels.

Classes marked **G** are **very gentle** or chair based, open to all.

Classes marked  are **spicy** flow, requiring some yoga experience.

* Please pre-book so that we can notify you in case of weather- or sickness-related class cancellations.

** Interested in one of our pre-registered courses, but missed the start of a session? Ask us about joining mid-series at a pro-rated amount.