

SUNDAYS

MONDAYS



TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

						8am (60 mins)  <b>Saturday Flow</b> <i>Heather Fenton</i>
	9:30am (60 mins) <b>Rise + Shine</b> <i>Megs Bennett</i>		9:30am (60 mins) <b>Fresh Flow</b> <i>Heather Fenton</i>	9:30am (60 mins) <b>Divine Align</b> <i>Megs Bennett</i>	9:30am (75 mins) <b>Insight Yoga</b> <i>Heather Fenton</i>	<b>POP-UP!</b> <b>Heart of Yoga</b> <b>Jun 22 @ 10am</b> <i>Jo Moore</i> (90 mins)
11am (75 mins) <b>Soul Flow</b> <i>Caroline Sorel</i>	11am (60 mins) <b>G</b> <b>Gentle Yoga</b> <i>Megs Bennett</i>			11am (60 mins) <b>G</b> <b>Gentle Yoga</b> <i>Megs Bennett</i>		
		6pm (60 mins) <b>Evening Hatha</b> <i>Caroline Sorel</i>	5:30pm (60 mins)  <b>Vinyasa Flow</b> <i>Caroline Sorel</i>			
		<b>NEW!</b>			<b>POP-UPS!</b>	
	7:30pm (75 mins) <b>Beginning Yoga</b> (May 13 - Jun 24) <i>Heather Fenton</i>	7:30pm (2 hrs) <b>Be the Sunrise</b> <b>Journalling</b> <b>Circle</b> (Jun 25 - Aug 6) <i>Brittany Cortese</i>	7pm (90 mins) <b>Insight</b> <b>Meditation</b> <i>Heather Fenton</i>	7pm (75 mins) <b>Insight Yoga</b> <i>Heather Fenton</i>	<b>Yin Yang Yoga</b> <b>Jun 7 @ 7:30pm</b> <b>Full Moon Flow</b> <b>Jun 21 @ 7:30pm</b> <i>Caroline Sorel</i> (90 mins)	


 **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.