

SUNDAYS

MONDAYS


TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

						8am (60 mins)  Saturday Flow <i>Heather Fenton</i>
	9:30am (60 mins) Rise + Shine <i>Megs Bennett</i>	NEW!	9:30am (60 mins) Fresh Flow <i>Heather Fenton</i>	9:30am (60 mins) Divine Align <i>Megs Bennett</i>	9:30am (75 mins) Insight Yoga <i>Heather Fenton</i>	
11am (75 mins) Soul Flow <i>Caroline Sorel</i>	11am (60 mins) G Gentle Yoga <i>Megs Bennett</i>	NEW!	11am (60 mins) Heart of Yoga (May 29 - Jun 19) <i>Jo Moore</i>	11am (60 mins) G Gentle Yoga <i>Megs Bennett</i>		
		6pm (60 mins) Evening Hatha <i>Caroline Sorel</i>	5:30pm (60 mins)  Vinyasa Flow <i>Caroline Sorel</i>			
NEW!	7:30pm (75 mins) Beginning Yoga (May 13 - Jun 24) <i>Heather Fenton</i>		7pm (90 mins) Insight Meditation <i>Heather Fenton</i>	7pm (75 mins) Insight Yoga <i>Heather Fenton</i>	POP-UP! Fireside Yoga + Meditation <i>Caroline + Heather</i> May 24 @ 8pm (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.