

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.30		Astanga	Astanga	Astanga	Astanga	Astanga	
9.00-10.15							
10.30-11.45						Yoga Flow	
12.30-1.15		Pilates Mat class		Pilates Mat class	Pilates Mat class		
6.00-7.15	Yoga Basics		Yoga Flow	Yoga Basics	Yoga Flow		
7.30-8.15							

Astanga Vinyasa Yoga combines an ancient series of postures with a flowing breath and movement system. This is a self practice class with hands on assistance and support. Students choose their own pace. Familiarity with the traditional sequence is a prerequisite to attending these classes.

Yoga Basics is a soft, gentle themed class with an emphasis on the fundamentals of yoga. An ideal class for beginners and still offers a challenge.

Yoga Flow is a great class for those with some knowledge of yoga fundamentals. Dynamic, flowing and energizing.

Pilates progressive mat class that builds up to classic pilates exercises. Bookings required.

Yoga Therapy – personalized Yoga programmes tailored to your individual needs and goals. These are private one-on-one sessions, and may also include Pilates, Qigong, dietary and lifestyle advice.

Workplace/Corporate Yoga – classes and workshops aimed specifically to your requirements. Sports groups and Work teams, improve performance, wellbeing and team spirit.

No classes on public holidays.