

Here's how to choose the right class for you.

We have grouped our classes based on how you want to feel at the end of the practice. All our classes are suitable for both beginner and advanced practitioners, so pick a class based on outcome, come along and give it a go.



I WANT TO FEEL **RESTFUL / RELAXED**

TRY... Qi Gong to Restore, Yin Yoga or our regular Soundbaths



I WANT TO FEEL **ENERGISED / STRONG**

TRY... Rocket, Ashtanga, Dynamic Yoga, Vinyasa Flow, Functional Flow, Anusara Wake Up Flow



I WANT TO FEEL **BALANCED/REVITALISED**

TRY... Flow & Stretch, Morning or Friday Flow, Online Gentle Yoga, Hatha Flow, Pilates

MON	TUE	WEDS	THURS	FRI	SAT	SUN
6.30 - 8am Ashtanga Self Practice		7 - 7.45am Morning Flow (O)		7.15 - 7.45am Friday Flow Helen (O)	7:15 - 9am Ashtanga Self Practice (S)	9 - 10am Gentle Yoga Karen (O)
	12:15 - 1pm Flow & Stretch - Katia (S,O)		9.30 - 10.30am Dynamic Flow Gemma (S,O)		9.30 - 10.30am Anusara Elements Lorena (S,O)	9.30 - 10.30am Vinyasa Helen (S,O)
6.15 - 7.15pm Functional Flow Yulia (S,O)			5.30 - 7.17pm Ashtanga Self Practice Raili (S)		10.45 - 11.45am Pregnancy Yoga Class	
7.30 - 8.30pm Pilates Yulia (S,O)	6 - 7pm Hatha Flow Billy (S,O)	6.15 - 7.15pm Rocket Helen (S,O)		6.15 - 7.30pm Yin Yoga Lorena (S,O)		
	7.15 - 8.30pm Ashtanga 1/2 Led Katia (S,O)	7.30 - 8.30pm Qi Gong to Restore Helen (S,O)	7.30 - 8.45pm Ashtanga 1/2 Led Raili (S,O)			

O = Online Class S = In Studio Class