





























	MON	TUE	WED	THU	FRI	SAT	SUN
6:30am	 60		 60	 60			
8:00am						 90	
8:30am							 60
9:30am	 90	 60	 90	 60	 90		
10:00am						 60	 60
4:30pm	 60	 90	 60	 90	 90	 90	 90
6:30pm	 90	 60	 60	 60	 60		 90
8:00pm		 60	 75	 60			

 **HOT YOGA**  
60 MINS | 90 MINS

 **HOT PILATES HIIT**  
45 MINS | 60 MINS

 **YIN YOGA**  
75 MINS | 90 MINS

Class times subject to change. Public holiday classes differ, check online first.