

Feb – March 2024

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
		7:30 – 8:20 RISE & FLOW YOGA with Kerry In-Studio			9:00 – 10:00 YOGA for STRENGTH with Kerry In-Studio	
10:00 – 11:00 YOGA with Clara In-Studio & Online	9:30 – 10:30 YOGA with Clara In-Studio & Online		9:45 – 11:00 YOGA with Marian In-Studio	10:00 – 11:00 YOGA with Clara In-Studio & Online		Workshops
			11:30 – 12:30 PILATES with Itta In-Studio *NEW*			
	12:00 – 13:00 YOGA for Mental Health restarts soon In-Studio		13:30 – 3:00 MUM & BABY YOGA with Gladey In-Studio			
17:45 – 18:45 BEGINNERS YOGA with Clara In-Studio & Online	18:00 – 19:00 PREGNANCY YOGA with Peta In-Studio & Online	18:00 – 19:15 YOGA with Clara In-Studio & Online	18:00-19:00 YOGA with Marian In-Studio	18:00-19:00 YOGA with Travis In-Studio		18:00 – 19:00 PRENATAL YOGA with Gladey In-Studio
19:00 – 20:15 YOGA with Clara In-Studio & Online	19:15 – 20:15 PILATES with Itta In-Studio *NEW from March*	19:30 – 20:30 GENTLE YOGA with Clara In-Studio & Online				

Find us



Please book online
 Small, friendly group classes
 Online options
 1:1 sessions
 Yoga therapy & home practice mentoring

Please get in touch with any questions
 or if we can help you find the right class or starting point.

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