

In-Studio | Online

Lighter Summer Schedule 2021

(26th July – 3rd Sept)

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
10:00 – 11:00 YOGA with Clara In-Studio & Online			9:45 – 11:00 YOGA with Marian In-Studio & Online	10:00 – 11:00 YOGA with Clara In-Studio & Online	10:00 – 11:00 BIRTH PREP with Vivien Online only	
					11:30 – 12:30 PRENATAL YOGA with Vivien Online only	
17:30 – 18:30 BEGINNERS YOGA July 19th Induction In-Studio & Online	18:00 – 19:00 PRENATAL YOGA with Peta In-Studio only	18:15 – 19:30 YOGA with Clara In-Studio & Online	18:30-19:45 YOGA with Marian In-Studio & Online			
19:00 – 20:15 YOGA with Clara In-Studio & Online						

Please check the website for updates and to book your space.

