

In-Studio | Online

November - December 2021

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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 only	10:00 – 11:00 YOGA with Clara In-Studio & Online	10:00 – 11:00 BIRTH PREP with Vivien In-Studio only	In-Depth Workshops
			13:30 – 14:30 MUM & BABY YOGA With Vivien In-Studio only		11:30 – 12:30 PREGNANCY YOGA with Vivien In-Studio only	
17:30 – 18:30 BEGINNERS YOGA Monthly Induction In-Studio & Online	18:00 – 19:00 PREGNANCY YOGA with Peta In-Studio only	18:15 – 19:30 YOGA with Clara In-Studio & Online	17:45-19:00 YOGA with Marian In-Studio only	18:00-19:00 YOGA with Travis In-Studio only		
19:00 – 20:15 YOGA with Clara In-Studio & Online	19:30 – 20:30 PREGNANCY YOGA with Peta In-Studio only	20:00 – 21:00 YOGA with Clara In-Studio & Online	19:30-20:45 YOGA with Marian In-Studio only			

Please check the website for changes, updates and to book.

