



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 to 7am * Soul flow Candle light Restore (Leisa)	6 to 7am * Moving Meditation Yoga	6 to 7am Hot Pilates Fun *- ** (Hot) Ernesta / Mel / Leisa	6 to 7am * Soul flow Sound Therapy Yoga	6 to 7am * Soul flow Fascia Release (Leisa)	7 to 8.30am * Soul Flow Zab	8am to 9am Hot Pilates *- ** POPOP (Hot) Ernesta / Mel / Leisa
For Everyone	9.30 to 10.30am Hot Pilates *- ** (Hot) Ernesta / Mel / Leisa	9.30 to 10.45am Warm Vinyasa Flow Zab	9.30 to 10.30am Hot Pilates *- ** (Hot) Ernesta / Mel / Leisa	9.30 to 10.45am Yogis Choice Unheated Vani	9.30 to 10.30am Hot Pilates *- ** (Hot) Ernesta / Mel / Leisa		
Active & fit	6 to 7.15PM Hot 24 Yoga with ** Balance / Inversion (Hot - Leisa)	6 to 7.15pm Hatha flow Yoga (Zab)	6 to 7.15pm Vinyasa Yoga ** Flex and Tone (Heated - Leisa)	6.00 to 7.00pm Hot Pilates *- ** (Hot) Ernesta / Mel / Leisa	4.30 to 5.30am Hot Pilates *- ** POPOP (Hot) Ernesta / Mel / Leisa	5.30pm to 6.30pm Hot Pilates (Hot) *- ** Ernesta / Mel / Leisa	5.15pm to 6.15pm Yogis Choice * (Vani)
	7.30 to 8.45pm Hatha Soul Flow * (Heated - Leisa)	7.30 to 8.30pm Hot Pilates *- ** (Hot) Ernesta / Mel / Leisa	7.30 to 8.45pm Hatha Soul Flow * (Heated - Leisa)	7.30 to 8.45pm Yang / Yin * (Ulyana)	6 to 7.15pm Hot 24 Yoga with * Balance / Inversion (Hot NIC)		

Believe, Achieve, Succeed

Morning Soul flow *
Each class is themed
UNHEATED CLASSES
In Winter the room is
warmed for comfort

For everyone from beginner
to advance moving through
more of a meditative practice
to explore, the true inner self.

Gentle Flow *
WARM CLASSES

These classes move slowly
with the connection into
breath, taking each posture
through flow and static asana
exploring sensations.
Opening and stretching with
breath awareness to find
depth

Hot Pilates = 35 Degrees - Hot Yoga = 38 Degrees - Warm Yoga = 32 Degrees
* For Everyone ** Active and fit - ALL YOGA CLASSES FINISH WITH 7 TO 15 MINUTES OF RELAXATION

Hot Pilates *- **
HEATED CLASSES

For everyone so long as you have
done hot classes before. Hot
Pilates class is for those that Like
It Hot and to keep fit and active!!
This challenging full body, low
impact, fat burning, high intensity
workout is performed on a yoga
mat & towel in a room heated.

Questions to Leisa
0438 520219

**Hot 24 / Vinyasa / Balance /
Inversion ****
HOT CLASSES

These classes are for more
intermediate level yogis that are
used to a little more challenging
postures and flow sequences
moving into balance and
inversion work.

Wed AM Yoga *
UNHEATED CLASSES
Beginners programs

These classes are designed to
take you through the
foundations of yoga
(including, Postural alignment,
Breath, meditation and more

Yoga Ignite *
Flex and Tone
WARM CLASSES

These Classes are for all levels
with mods given. Those looking
to tone and stretch with a
combination of Strength,
Vinyasa, HIIT and Pilates
(Bands - Ball and Hoop work)
Each Classes ends with
relaxation

Tue PM Hatha Flow Yoga *
UNHEATED CLASSES

This is a beautiful class that
explores the asana, giving
space and time to find the
release

Yin *

UNHEATED CLASSES

Yin and Yang are the Taoist
concepts which describe the two
relative qualities present in
everything. ... When these terms
are applied to yoga, Yin Yoga is a
slower practice where poses are
passively held for longer, working
on the deep, dense (Yin)
connective tissues and joints in
the body.

Hatha Yoga *
UNHEATED CLASSES

Yogis choice
These classes are Traditional
Hatha / Flow, but we ask you
to think each week what you
would like as a yogi to work
through and the teacher
delivers