

BEYOND

YOGA

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6am
Flow
45 min

6am
Flow
45 min

9:30am
Flow
60 min

9:30am
Mellow
60 min

9:30am
Pilates
60 min

9:30am
Mellow
60 min

9:30am
Flow
60 min

9am
Pilates
45 min

10:45am
Mums & Bubs*
60 min

1pm
2nd Saturday:
Meditation Class
45 min

10am
Mellow
60 min

6:15pm
Mellow
60 min

6:15pm
Pilates
60 min

6:15pm
Kinstretch
60 min

6:15pm
Flow
60 min

6:15pm
3rd Friday:
2-for-1 Strong Flow
60 min

3pm
1st Saturday:
Posture Clinic
60 min

4pm
Yin
60 min

7:30pm
Yin
45 min

7:30pm
Mellow
45 min

7:30pm
Yin
45 min

7:30pm
Prenatal Yoga*
75 min

*These classes run during the school terms & are not included in our regular membership packages.

Timetable as of 23 January 2024, subject to change