

STRONG. SKILLED. CAPABLE.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Movement & Strength Iyengar All Levels	Movement & Strength	Movement & Strength Advanced	Movement & Strength Pilates (6:30am)	Movement & Strength Advanced+		
7:00am						Flow	
8:00am	Longevity	Longevity	Foundation+	Longevity	Longevity	Movement & Longevity Advanced (8:15am)	
9:30am	Foundation	Yin	Longevity	Foundation	Foundation+	Foundation (9:45am)	
12:15pm (45 mins)	Flow	Movement & Strength	Flow		Pilates		
4:00pm		Foundation			Yin		Foundation+
4:30pm	Yin			Foundation+			
5:15pm		Striking		Evolve 45			
5:30pm	Movement & Strength	Advanced	Movement & Strength MyoYin				Yin
6:00pm	Pilates	Movement & Strength		Striking Foundation			
6:45pm		Meditation					

Duration

Iyengar Yoga & Yin | 75mins

Advanced+ (Iyengar) | 90mins.

Movement, Longevity, Flow and Pilates | 60mins

Lunch classes, Striking and Evolve 45 | 45mins.

Youth and Family Movement | 60mins.

Mumma Movement classes | 50mins

Family Classes

	Mon	Wed	Fri	Sat	Sun
9:00am				Family Movement	
9:30am		Longevity			
9:45am	Mumma Movement		Mumma Movement		
10:00am					Youth
4:30pm	Youth				

We help you build strength, skill, and confidence to move well for life.

STUDIO

Iyengar Yoga

Build strength, flexibility, and focus through precise alignment and intelligent sequencing. Iyengar is ideal for beginners and seasoned yogis alike — expect props, posture work, and powerful personal insight.

Classes are leveled by experience:

- **Foundation** - perfect for those beginning their Iyengar Yoga journey.
- **Foundation+** - begins to deepen your practice and builds skills toward more advanced asanas.
- **Advanced** - for experienced Iyengar yogis, these classes introduce advanced asanas.
- **Advanced+** - this gomin class builds in time to develop and explore a challenging practice in a safe and supported environment.

Pilates

Strengthen your core, improve posture, and move with greater control. A mat-based class that builds from foundational to flowing, drawing from classical Pilates technique.

Flow

A dynamic and fluid practice that links breath with movement. Great for improving mobility, easing stress, and building a rhythm that feels like a moving meditation.

Yin

Slow-paced and deeply restorative. Yin targets connective tissue and joint mobility with longer holds and plenty of stillness — a perfect antidote to life's intensity.

MyoYin combines self-massage techniques with yin. This class uses props to more deeply target tension, adhesions and trigger points.

Guided Meditation

Quiet the noise and learn to tune in. Simple yet profound techniques to develop focus, reduce stress, and reconnect with your inner calm. A powerful complement to physical training.

GYM

Movement & Strength

Combines bodyweight skills, traditional strength training, and functional movement. Think squats, rings, handstands, kettlebells — intelligently programmed to build capacity and confidence.

Longevity

Designed for over 50s and anyone wanting low-impact, joint-friendly strength, balance, and coordination. Includes playful games and rhythm work to keep training fun and engaging.

Evolve 45

Life doesn't stand still — and neither should your training. Evolve 45 is a 45-minute class designed to help you move better, build lasting strength, and expand what your body and mind are capable of. Every three months, the focus shifts — from cardio conditioning to skill development, mobility, or balance — keeping training fresh, purposeful, and aligned with real-life fitness.

Family Movement

Looking for a way to connect with your kids that doesn't involve screens or sideline spectating? Family Movement is a dynamic class where parents and children train side-by-side—building strength, agility and coordination in a fun, supportive environment.

Youth Movement

Designed for teens aged 12-16, youth classes provide more than just a fitness routine—they offer a holistic approach to well-being. We combine functional movement exercises with discussions on body image, social media, and self-awareness.

Mumma Movement

Designed for mum's 6+ weeks postpartum. Whether you're looking to regain your fitness after childbirth or just want a fun, effective way to stay active, our classes are perfect for mums of all fitness levels. Classes run for 50 minutes, with space afterwards for mums to slow down, connect, and enjoy a moment together.

Striking

High-energy and empowering. Learn striking technique inspired by boxing and martial arts, in a safe and supportive setting. Great for building coordination, cardio, and confidence.

Did you know?

Open Gym: Did you know that we offer members access to the gym outside of class times for your own training? Use Open Gym to work on skill development or get in an extra workout. Open Gym is available during staffed hours. Speak to reception for more details.