

YOGA, MOVEMENT & STRENGTH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	General		Advanced		Advanced +		
	Movement & Strength	Movement & Strength	Movement & Strength	Movement & Strength	Movement & Strength		
7:00am						Flow	
7:30am						Movement & Strength	
8:00am	Longevity	Longevity	Longevity	Longevity	Longevity		
			Foundation+			Advanced (8:15am)	
8:30am						Longevity	
9:30am	Foundation	Yin		Foundation	Foundation+	Foundation (9:45)	
10:30am	Movement for Mumma's		Movement for Mumma's				
12:15pm (45 mins)	Flow	Movement & Strength	Flow	Movement & Strength	Striking		
4:00pm		Foundation		Foundation+	Yin		Foundation+
5:30pm	Flow	Advanced	Yin				Yin
	Movement All Levels	Movement All Levels	Movement All Levels	Movement All Levels			
6:00pm		Striking		Striking			
				Foundation (starts 23 Jan)			
6:45pm	Yin	Guided Meditation					

Duration

Unless otherwise stated:

- Iyengar Yoga - 75mins
- Iyengar Yoga Advanced+ - 90 Minutes
- Yin Yoga - 75mins
- Flow Yoga - 60mins
- Guided Meditation - 45mins
- Movement & Strength - 60mins
- Movement for Mumma's - 50mins
- Longevity - 60mins
- Striking - 60mins
- Youth - 60mins

KIDS

	Wednesday	Friday
4:30pm	Youth	
1:00pm		Youth

Youth classes run during school terms

YOGA CLASSES

Iyengar Yoga

Why you'll love it

Iyengar's meticulous attention to alignment brings a profound sense of stability and balance to your practice and fosters mindfulness and growth. The use of props allows for individualised support and enhanced body awareness.

Foundation Classes

Foundation classes are perfect for those still new to yoga or who want a higher level of instruction and support for each asana. Asanas used in the Foundation classes are suitable for all levels.

Foundation+ Classes

Foundation + Classes build on the skills taught in the Beginner Course and Foundation Classes and begin to introduce more advanced asanas. The Foundation + Classes create a confident bridge between Foundation and General Classes.

Advanced Classes

Advanced Classes are designed for members who are confident and have built their skills and self-awareness through regular yoga practice. These classes introduce more advanced asanas including headstand, arm balances and backbends.

Flow

Why you'll love it

The seamless union of breath and movement creates a captivating flow igniting your energy and challenging you to explore your physical and mental boundaries. Flow brings joy, vitality, and a sense of freedom.

Yin

Why you'll love it

Yin provides a sanctuary of tranquility in your fast-paced life. The slower-paced nature of Yin allows you to delve deep into stillness, unravel tension, and nourish your body and mind. It's a beautiful practice that fosters self-care, introspection, and profound rejuvenation.

Guided Meditation

Why you'll love it

You'll escape the stress of life in the 21st century, reset your intentions and find an inner tranquility like no other.

Discover, establish and deepen a regular practice of shamatha (calm abiding) meditation. Drawing from the Tibetan Buddhist tradition, these sessions are suitable for complete beginners as well as those with meditation experience.

MOVEMENT & STRENGTH CLASSES

Movement & Strength

Why you'll love it

Movement & Strength Classes are focused on whole of body and mind, developing strength, stability, co-ordination, flexibility, power, endurance and confidence. Through a mix of games and individual movement and strength activities we challenge your body and build capabilities you never thought possible.

Our Movement & Strength Classes draw on multiple disciplines to help you reach your full potential.

Movement All Levels

Why you'll love it

Movement All Levels Classes bring together the best of Movement & Strength and Longevity to create a scalable workout that can suit any body. Whether you're an elite athlete or just starting your fitness journey, you'll love these free flowing, creative and fast paced classes.

Longevity

Why you'll love it

The workout games make this a fun and laughter filled class that gets the blood flowing, heart racing and muscles pumping in a beautiful and caring community of like-minded practitioners.

Longevity classes use lower impact movement techniques to build strength, balance, mobility and joint integrity and to rebuild the body's dynamic attributes. Longevity classes are perfect for those that are recovering from injury or want a lower impact yet challenging fitness class.

Movement for Mumma's

Why you'll love it

Movement for Mumma's is a family friendly class integrating elements of calisthenics, gymnastics and weight training specifically programmed for Mum's and their babies to enjoy together.

This class is for all Mumma's 6 weeks+ postpartum (we recommend you seek advice from your physio regarding readiness to return to exercise) and is open to Mumma's and kids of all ages (we have a fenced area for little movers).

Striking

Why you'll love it

Our experienced teachers beautifully blend instruction in technique with a workout that will get you sweating and build your confidence.

Leveraging principles from boxing, MMA and self-defence, these classes are a fun approach to a whole-body and cardio filled workout.