



heartplace® TIMETABLE



FEELING ALIGNED WITH OUR VISION & MISSION? WE HAVE SPACE FOR HIRE!

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(April-June 2026)

MONDAY

7.00am-8.00am

© **Self-Care Flow**

w/ Luka Burger

9.15am-10.30am

****Transformational Yoga**

w/ Sydel Weinstein

12pm-1pm

© **Lunchtime Yoga**

w/ Stefani Losch

6.45pm-8.15 pm

© **Kemetic Yoga**

w/ Nadir Shihata

TUESDAY

9.30am-10.30am

****Embodied Movement**

w/ Shan Kennedy

6.00pm-7.00pm

© **Vinyasa & Meditation**

w/ Lewanna

7.15pm-8:30pm

© **Kandyan Dance**

w/ Kishani Wijesinghe

WEDNESDAY

9.00am-10.30am

© **Shanti Yoga & Wellbeing**

w/ Laura Benzoni

6.00pm-7.00pm

© **Flow Tai Chi**

w/ Eric Konigsdorfer

7.00pm-8:15pm

****Mindful Rest**

w/ Sydel Weinstein

THURSDAY

9am-10.30am

© **Hatha Yoga**

w/ Stefani Losch

6.30pm-7.45pm

****Spinal Flow Yoga**

w/ Kirstie Peddersen

FRIDAY

9am-10.30am

****Mindful Movement**

w/ Shan Kennedy + Sydel

SATURDAY

8am-9.30am

****Weekly Celebratory Class**

w/ Nadia, Bowen, Sydel

10am-11.30am

© **Qigong**

w/ Alex Lim

KEY:

**** = Heartplace Community Teacher**

(Book & pay online / included in class pass)

© = Heartplace Collaborator

(Book online & payment directly to teacher)

Class Booking: Scan QR code
or visit www.heartplace.org.au



Location: 19 Blinco st.

(Fremantle Fibonacci Centre above Hinata Cafe)

We acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of Walyalup (Fremantle), the land on which we gather. We pay our respects to their Elders past, present, & emerging & recognise their enduring connection to this land, waters & community..
We acknowledge that Sovereignty was never Ceded.

