

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Sun**

Recharge Flow  
6.30 am

Rise & Flow  
6.45 am (45mins)

Recharge Flow  
6.30am

Rise & Flow  
8.30am

Flow & Restore  
8.30am  
75mins

Chill Flow  
12.00 pm

Yogalates  
12.00pm

Recharge Flow  
12.00pm

*New Class Soon*

Empower Flow  
5.45pm

Recharge Flow  
5.15pm

Recharge Flow  
5.00pm

Unwind Flow  
5.30pm

*Alternate Sundays*  
Sunday Slowdown  
Sound Bath  
5.00pm

Flow to Yin  
6.30pm

Unwind Flow  
7.00pm

Yin & Restore  
6.30pm

Empower Flow  
6.30pm  
75mins

Indicative schedule.  
Please see updated timetable  
for the week, below