

BEYOND

YOGA

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6am
Flow
45 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

11:15am
Mums & Bubs I*
60 min

10am
Mellow
60 min

6:15pm
Mellow
60 min

6:15pm
Pilates
60 min

6:15pm
Mobility
60 min

6:15pm
Flow
60 min

7:30pm
Yin
45 min

7:30pm
Mellow
45 min

7:30pm
Yin
45 min

7:30pm
Prenatal Yoga*
75 min

4pm
Yin
60 min