

never miss your favourite live class!!!

explore, be curious and connect with us



MONDAY

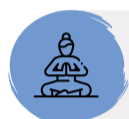
07:00 **Online Rise to shine with Jocelyn**
Level 1-2

09:30 **Vinyasa Boost with Gayle**
Level 1-2

17:00 **Pilates mat / Equip with Hannah**
Level 1

18:00 **Core flow with Jane**
Level 2

19:30 **Hatha/Ashtanga with Gillian**
Level 1-2



TUESDAY

07:00 **Express sunrise with Mignon**

09:30 **Pilates mat / Equip with Hannah**
Level 1

10:00 **Vinyasa grow flow with Susie**
Level 2

17:30 **Vinyasa with Susie**
Level 1-2

19:00 **Pregnancy yoga with Melissa**
Level 1-2

20:15 **Moon Salutations with Laura**
Level 1-2



WEDNESDAY

10:00 **Pilates mat / Equip with Hannah**
Level 1

18:00 **Yoga flow with Susan**
Level 1-2

19:30 **Slow yoga with Susan**
Level 1

20:00 **Restorative meditation with Caroline**
Open



THURSDAY

07:00 **Express sunrise with Susan**

09:30 **Pilates / Yoga infusion with Melissa**
Open

11:00 **Mum & baby with Melissa**
Open

18:00 **Core Flow with Caoihme**
Level 2

19:30 **Candlelit Yin with David**
Open



FRIDAY

09:30 **Hatha with Judit**
Level 1-2

16:30 **Rocket Yoga (derived from Ashtanga) with Mignon**
Open

18:00 **Freshen-up Flow with Caoimhe**
Level 1

19:15 **Restorative with Caroline**
Open



SATURDAY

08:45 **Power vinyasa with Stefania**
Level 1-2

10:00 **Power core flow with Stefania**
Level 2



SUNDAY

08:30 **Slow yoga with Mignon**
Level 1

09:45 **Ashtanga with Gillian**
Level 1-2

11:00 **Funky flow with Gillian**
Level 1-2

19:30 **Candlelit Salutations with David**
Open

levels

Level 1: Beginners

Level 1-2: Mixed-paced class

Level 2: Challenging