



# Spring Studio & Virtual Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Y60 Rise and Shine Yoga	P45 Mat Pilates	Y60 Heated Yoga	Y60 Rise and Shine Yoga	P45 Mat Pilates		
12:00pm	M30 Guided Meditation		P45 Mat Pilates	Y60 Heated Yoga	Y60 Rest and Restore Yoga	Y60 Rejuvenate Yoga	
1:00pm	Y60 Heated Yoga	Y60 Rejuvenate Yoga	M30 Guided Meditation		M30 Guided Meditation*		
3:00pm							Y60 Rest and Restore Yoga*
5:15pm	Y60 Rest and Restore Yoga	Y60 Heated Yoga	Y60 Rest and Restore Yoga				
5:30pm				Y60 Rejuvenate Yoga	Y60 Heated Yoga		

Live Streamed & In Studio

\* Classes will commence as demand requires

**Please Note:** Classes may be subject to change and rostered teachers may be substituted at short notice due to unforeseen circumstances. We thank you in advance for your understanding at these times.

**BOOKING YOUR MAT** - It is important that you book your mat in advance to ensure you don't miss out. We suggest logging onto the Myall app at least 24 hours before your desired class and reserving your spot.