



November 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		
9:00am							Y60 Heated Yoga*
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	P45 Mat Pilates**	M30 Guided Meditation*		
3:00pm							Y60 Rest and Restore Yoga*
4:45pm	P30 Express Mat Pilates						
5:15pm		Y60 Heated Yoga	Y60 Rest and Restore Yoga				
5:30pm	Y60 ((•)) Rest and Restore Yoga			Y60 Rejuvenate Yoga	Y60 Heated Yoga		

* Classes will commence as demand requires

**Thursday Mat Pilates is at 1.15pm

((•)) Live Streamed & In Studio

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.

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#igivemyall

VINYASA



Rise & Shine Yoga

The aim of this morning class is to **power-up your mind and body for the day ahead**. Our skilled yoga teachers take you through 60 minutes of vinyasa yoga designed to build strength, flexibility and mental clarity. Practicing vinyasa yoga in the morning kick starts your metabolism and switches on your brain. Leave this class feeling ready to take on your day with **vitality and productivity**.



Energise Yoga

The aim of this morning class is to **energise** your entire system through a strong vinyasa flow class. Be ready to get your heart pumping and activate all organs of the body as our skilled yoga teachers lead you into a peak pose to challenge your body and mind. Leave this class feeling **strong and powerful**.



Invigorate Yoga

The aim of this convenient lunch time class is to **revitalise** and make sure you're getting the most out of your day. Invigorate is a dynamic class that balances challenge with relaxation to fight midday fatigue. Practicing vinyasa yoga in the afternoon increases mental clarity and helps you beat the post-lunch energy drop. Leave this class feeling **renewed and revitalised**.



Hot Vinyasa Yoga

The aim of this heated class is to **detoxify your body and deepen your flexibility**. Our classes are great for hot yoga beginners, with infrared panels heating our studio to a balmy, but moderate 26-30 degrees. Expect a gentle to moderate flow designed to detoxify your lymphatic system and internal organs while also boosting your metabolism and cardiovascular activity. Leave this class feeling **accomplished and purified**.



Midday Harmony Yoga

The aim of this convenient midday class is to **bring harmony into your day**. With a focus on breath and mindful movement, this gentle class is the ideal lunchtime reboot. Midday yoga is a gentle antidote for stress, anxiety and tension caused by your busy work and office environment. Leave this class feeling **refocused and de-stressed**.



Rejuvenate - Yin/Yang Yoga

The aim of this fusion class is to **restore balance in your body and mind**. The class starts with Vinyasa flow to warm the body and finishes with a meditative yin practice. Practicing contrasting forms of yoga together allows for a well rounded practice, sort of like a full body work out, but for your mind too! Leave this class feeling **balanced and whole**.

YIN



Rest and Restore Yoga

The aim of this restorative class is to **wind-down and release stiffness** in your body from desk work and strong exercise. Our skilled yoga teachers take you through 60-75 minutes of yin yoga designed to provide a therapeutic self myofascial release to mitigate body aches and immobility. Practicing yin yoga in the evening can improve sleep, posture and digestion. Leave this class feeling **calm and open**.



Roll and Release Yoga

The aim of this therapeutic class is to **release deep tension and stagnation in the body**. Using myofascial release techniques with therapy balls, rollers and blocks, you'll be shown how to work safely with your body tissues. Roll and release "stuck" areas of connective tissue creating more freedom and space in your body and your life! Leave this class feeling **free and alleviated**.



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HOT

STRETCH

YOGA FOUNDATIONS



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Yoga Stretch

The aim of this 30 minute class is to **stretch and alleviate tension** before your day. This active yin class is the perfect pace for a busy mind and overworked body with poses being held for longer periods of time. Practicing a yin based class in the morning can help mitigate distracting pains during the day. Leave this class feeling **loose and unrestricted.**



Yoga Foundations

The aim of this beginner's class is to learn **proper alignment and yoga basics.** Learn the foundation of all the essential postures and basic concepts like yogic breath, sun salutations, mudras, and bandhas. Our teachers give you hands on adjustments to make sure you have good form from the beginning of your yoga journey. Leave this class feeling **illuminated and inspired.**

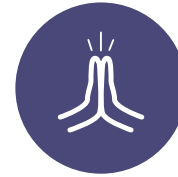
PILATES

MEDITATION



Mat Pilates

The aim of Mat Pilates is to **strengthen the core and stabilising muscles in the body**. Myall Mat Pilates is a condensed and powerful workout suitable for all levels of practice. Our instructors take you through 30 minutes of exercises performed on the floor using your own body weight and gravity for resistance. Throughout the class you will challenge your body by putting it in unstable positions, moving your limbs, and training the targeted muscle groups to support the weight. Progressions, regressions and hands on adjustments will be provided by our professional instructors when required. Leave this class feeling **strong and toned**.



Meditation

The purpose of meditation is to **centre your mind**. 30 minutes to “practice” being with yourself in your own space. Guided compassionately by a teacher to support a grounding, a centring and an increased tolerance of any external noise. Leave this class feeling **clear minded and centred**.