<table>
<thead>
<tr>
<th>Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>7:00am</td>
<td>Y60 Rise and Shine Yoga</td>
<td>P45 Mat Pilates</td>
<td>Y60 Rise and Shine Yoga</td>
<td>Y60 Heated Yoga</td>
<td>P45 Mat Pilates</td>
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<tr>
<td>12:00pm</td>
<td>Y45 Yoga Foundations</td>
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<tr>
<td>1:00pm</td>
<td>Y60 Heated Yoga</td>
<td>Y60 Rejuvenate Yoga</td>
<td>*1.15pm</td>
<td>Y30 Express Rest Yoga</td>
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<td>3:00pm</td>
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<td>4:45pm</td>
<td>P30 Express Mat Pilates</td>
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<tr>
<td>5:15pm</td>
<td>Heated Yoga</td>
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<td>Y60 Rest and Restore Yoga</td>
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<tr>
<td>5:30pm</td>
<td>Rest and Restore Yoga</td>
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<td>Y60 Rejuvenate Yoga</td>
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Live Streamed & In Studio

**Christmas Timetable:** Please refer to our special Christmas timetable for classes from Thursday 24th December to Friday 1st of January.

**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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**Rear Ground Level, 55 St Georges Terrace, Perth**
08 9325 6999 • HELLO@MYALLWELLBEING.COM • MYALLWELLBEING.COM

Timetable is subject to change.

#igivemyall
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.
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.

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.

Express Rest Yoga
Stop, melt down and let go in our “Express Rest” yin yoga practice. This class guides you into long held postures that provide your body the well deserved self healing and your mind the space that it needs. You will be surprised at how beautifully nourishing this short 30 minute practice will be.
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.**

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
Come back to the very foundations that form the basis and stability of your practice with a class that leaves space for you to breathe, explore and rest (how delightful!). Each class will allocate 15 minutes to pranayama, 15 minutes of “practice” which breaks down asana and an extended savasana. Even just the thought of this feels so nourishing.
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**.