



# Studio & Virtual Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	Y60 ((•)) Rise and Shine Yoga	P45 ((•)) Mat Pilates	Y60 ((•)) Rise and Shine Yoga	Y60 Heated Yoga	P45 Mat Pilates		
12:00pm	P45 Pilates Sculpt		Y60 Heated Yoga	P45 ((•)) Mat Pilates	Y60 ((•)) Rest and Restore Yoga	Y60 ((•)) Rejuvenate Yoga	
1:00pm	Y60 Heated Yoga	Y60 Yoga Foundations	*1.15pm Y45 Rejuvenate Yoga	Y60 Rejuvenate Yoga	*1.15pm Special Event/Series See website for more		
3.00pm							Y60 Rest and Restore Yoga
5:15pm		Y60 Heated Yoga	Y60 Rest and Restore Yoga				
5:30pm	Y60 ((•)) Rest and Restore Yoga			Y60 Heated Power Flow	Y60 Heated Yoga		

**((•)) Live Streamed & In Studio**

Timetable current as of August 30<sup>th</sup> 2021  
See [myallwellbeing.com](http://myallwellbeing.com) for the most recent version.

**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.