



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 Energise Heated Yoga	P45 Mat Pilates		
8.30am						Y60 Rejuvenate Yoga	Y60 Energise Heated Yoga
10.00am						Y60 Rest and Restore Yoga	Y60 Rest and Restore Yoga
12:00pm	P45 Pilates Sculpt		Y60 Energise Heated Yoga	P45 Mat Pilates	Y60 Rest and Restore Yoga		
1:00pm	Y60 Energise Heated Yoga	Y60 Yoga Foundations	Y45 *1.15pm Rejuvenate Yoga	Y60 Rejuvenate Yoga			
5:15pm		Y60 Energise Heated Yoga	Y60 Rest and Restore Yoga				
5:30pm	Y60 Rest and Restore Yoga			Y60 Energise Heated Yoga	Y60 Energise Heated Yoga		

Live Streamed & In Studio

Timetable current as of December 1st 2021
See 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.

VINYASA



Rise & Shine Yoga

Power up for the day ahead.

Rise and shine yoga is for our early risers. A dynamic flow designed to activate your metabolism and switch on your brain. Offering a slightly slower pace, this class will give you more of a chance to really refine your alignment in each pose and sync each movement to your breath.

You'll build vitality and flexibility and leave feeling ready for a productive day.

Duration: 60 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).



Hot Vinyasa Yoga

Feel the heat and challenge yourself.

This is our more advanced heated vinyasa yoga class. Syncing movement to breath this class takes you through a dynamic sequence of postures to build internal heat. It's a strong flow at a faster pace, with some great tunes. We'll offer postural cueing for beginners and more difficult progressions of each asana to challenge those with a more advanced practice.

You'll detoxify your body, deepen your flexibility, find your edge, and leave feeling accomplished and energised.

Duration: 60 minutes

Practiced at a balmy 28-30 degrees Celsius (heated with infrared technology)



Foundations Yoga

Explore the fundamentals.

Our foundations class is perfect for beginners and is an opportunity to learn about foundational postures, movement patterns and breathwork. We'll slow things right down to provide more information about how to move through poses safely.

You'll discover the benefits of yoga and mindfulness and leave feeling more confident and comfortable with the basics.

Duration: 60 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).

YIN



Rest and Restore Yoga

Unwind, find balance and ease.

Rest & restore is our yin yoga class, consisting of passive floor postures and stretches, each held for long periods of time. Increasing circulation in the joints and improving flexibility by targeting the fascia, this class helps to mitigate body aches and immobility. Yin offers balance to the upbeat demands of everyday life.

You'll find deep relaxation and leave feeling calm and open.

Duration: 60 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).



Rejuvenate - Yin/Yang Yoga

Take your time, find a slower pace.

Rejuvenate yoga offers a well-rounded practice and is all about finding the balance between yin and yang. Combining elements of both yin and vinyasa yoga frameworks, Rejuvenate yoga incorporates flow to warm the body and meditative yin postures with longer holds.

You'll feel in tune with yourself and leave feeling balanced and at ease.

Duration: 45-60 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).

PILATES



Mat Pilates

Build strength from the inside out.

Our mat Pilates is an all-around class focusing on building strength, spinal mobility and core activation. This condensed but strong class will improve your core control and proprioception while teaching you to be mindful and move your body using the correct form.

You'll build inner strength, improve your posture and have fun along the way.

Duration: 45 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).



Pilates Sculpt

A high intensity strengthening class.

Pilates sculpt is your weekly dose of strength and conditioning. This dynamic class focuses on functional movement at a faster tempo, using light hand weights and accompanied with some sweet tunes. Designed to target specific areas of the body, these simple yet effective movements will tone and lengthen your muscles.

You'll leave feeling strong and powerfully energised.

Duration: 45 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated

MEDITATION



Guided Meditation

Take a mindful journey with breath.

Unlock a deeper connection with your mind, body and spirit during this fully guided, meditative experience. As we breathe with intention, our awareness is drawn to our mind, our body and our whole being. Be guided through a conscious breathing meditation, practical breathwork techniques and knowledge that can be used to bring mindfulness into your everyday life.

Duration: 30 minutes

Practiced at a comfortable room temperature of 24 degrees Celsius (heated with infrared technology).