



# Studio & Virtual Timetable

Live Streamed & In Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	Y60 Rise and Shine Yoga	P45 Mat Pilates	Y60 Harmony Yoga	Y60 Rise and Shine Yoga	P45 Mat Pilates		
7:45am			M15 Breathwork				
8.30am						Y60 Harmony Yoga	Y60 Energise Heated Yoga
10.00am				*10.30am Y15 Chair Yoga			Y60 Rest and Restore Yoga
12:00pm	P45 Pilates Sculpt	Y60 Harmony Yoga	Y60 Energise Heated Yoga	P45 Mat Pilates	Y60 Energise Heated Yoga		
1:00pm	Y60 Energise Heated Yoga	*1.15pm Y45 Yoga Foundations	*1.15pm Y45 Rejuvenate Yoga	Y60 Yoga Foundations			
2.30pm	*4.45pm M15 Breathwork	Y15 Chair Yoga					
5:15pm	Y60 Rest and Restore Yoga	Y60 Energise Heated Yoga	Y60 Rest and Restore Yoga		Y60 Rest and Restore Yoga		
5:30pm				Y60 Energise Heated Yoga			

Timetable current as of March 8th 2022  
 See myallwellbeing.com for the most recent version.  
 Timetable is subject to change.

**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.

#igivemyall

**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.

# YANG



## 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).



## Energise Heated 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)

# YANG



## Harmony Yoga

This is your hour.

Our Harmony class guides you through a set series of postures designed to provide consistency and serve as a benchmark for a regular yoga practice. Maintaining focus on alignment, this class empowers you to master each posture and see an overall improvement in your form and function each week. With minimal pressure on the shoulders and wrists, Harmony is suitable for all levels and will help improve your joint strength, control, flexibility and overall wellbeing.

You'll feel aligned in your body and mind and see noticeable progression in your yoga practice.

Duration: 60 minutes

Practiced at a comfortable room temperature of 24 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 with infrared technology).

# MINDFULNESS



## 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).



## Breathwork

A conscious journey through breath.

Take a short break in your day to reconnect with your breath using simple, scientific and safe breathing practices. Breathwork can be practiced seated in your business attire. Conscious breath is self-soothing and teaches you to be aware of your breath, and in doing so enhances awareness of your whole being, fostering a deeper connection between the mind and body. Each class focuses on different practical breathing techniques, tools and knowledge that can be implemented into everyday life.

You'll find stillness and learn skills to regulate your nervous system and improve your vitality, focus, energy, stress, anxiety and sleep levels.

Duration: 15 minutes

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



## Chair Yoga

Reset with some simple stretching techniques.

Ideal for those working sedentary at a desk to take a short break from work. Be guided through effective stretching and mindfulness techniques to offer your mind and body time to reset in the midst of a busy working day. These stretches can be performed in your work attire and are suitable for everyone.

You'll feel less tension in your neck and shoulders and feel rejuvenated to tackle the day ahead.

Duration: 15 minutes