





























Studio & Virtual Timetable

 Live Streamed & In Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	  Y60 Rise and Shine Vinyasa Yoga	  P45 Mat Pilates	  Y60 Rise and Shine Vinyasa Yoga	 Y60 Harmony Hot Yoga	 P45 Mat Pilates		
8:30am						  Y60 Harmony Hot Yoga	 Y60 Energise Heated Vinyasa Yoga
10:00am							
12:00pm	 Y60 Energise Heated Vinyasa Yoga	 Y60 Harmony Hot Yoga	 Y60 Energise Heated Vinyasa Yoga	  P45 Mat Pilates	 Y60 Energise Heated Vinyasa Yoga		
1:00pm		  *1.15pm Y45 Foundations Yoga	  *1.15pm Y45 Rejuvenate Yoga	 Y60 Foundations Yoga			
5:15pm	 Y60 Rest and Restore Yin Yoga	 Y60 Energise Heated Vinyasa Yoga	 Y60 Rest and Restore Yin Yoga		  Y60 Rest and Restore Yin Yoga		
5:30pm				 Y60 Energise Heated Vinyasa Yoga			

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.

Timetable current as of September 19th 2022 and is subject to change. See myallwellbeing.com for the most recent version.