


























Studio & Virtual Timetable

 Live Streamed & In Studio

Timetable starts Tuesday 17th January 2023

	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 Energise Heated Vinyasa Yoga	 P45 Mat Pilates		
8:30am						  Y60 Rejuvenate Yin/Yang Yoga	 Y60 Energise Heated Vinyasa Yoga
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				 Y60 Yoga Foundations			
1.15pm		 M30 Mindfulness Guided Meditation	  Y45 Rejuvenate Yin/Yang 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 Harmony Hot 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 JANUARY 2023 and is subject to change.

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.

Practised 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 breathe 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 more advanced practice.

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

Duration: 60 minutes.

Practised 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

Practised 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.

Practised 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.

Practised 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.

Practised 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.

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



Breathwork

A conscious journey through a breath.

Take a short break in your day to reconnect with your breath using simple, scientific and safe breathing practices. Breathwork can be practised 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 in 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.

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