

Beginner Friendly Classes

Monday

10:00 Warm Flow
13:00 Pilates
17.00 Warm Express Flow
19.30 Hatha Flow

Tuesday

7:15 Pilates
12.45 Warm Express Flow
17.00 Warm Express Flow
19.15 Flow & Reform

Wednesday

10:00 Warm Flow
13:00 Pilates
17.00 Warm Express Flow
18:00 Strength & Ease
19:30 Rest & Restore

Thursday

7:15 Pilates
10.00 Warm Express Flow
12.45 Warm Express Flow
17.00 Warm Express Flow
18.00 Soma Sounds
19.30 Yin & Sound

Friday

10:00 The Reset Flow
12.45 Warm Express Flow
17.15 Flow & Restore
17.30 Warm Slow Flow

Saturday

11:00 Reset & Recover
17.30 Warm Yin/Yang

Sunday

10:00 Hatha Flow
11.30 Yin
17.00 Sunday Hatha
18.45 Restorative Yoga