

Studio Schedule

Effective from 2 April 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:15	TRX Sculpting Yoga	Beginners Vinyasa <i>Ladies only</i>	TRX Sculpting Yoga	Beginners Vinyasa <i>Ladies only</i>			
09:15	Yogalates	Aerial Yoga Level 1 <i>Ladies only</i>	Yogalates	Aerial Yoga Level 1 <i>Ladies only</i>	Flexibility Series	Aerial Yoga Level 1	TRX Sculpting Yoga
10:15	Hatha Vinyasa	Aerial Yoga Level 2	Hatha Vinyasa	Aerial Yoga Level 2	Hatha Vinyasa	Level up to Level 2 Aerial	Hatha Vinyasa
11:15						Flexibility Series	Inside flow
16:00	Kids Aerial			Kids Aerial			
17:00					Aerial Yoga Level 2	Hatha Vinyasa	Trauma-Sensitive Yoga
18:00	Aerial Yoga Level 2	Aerial Yoga Level 1 <i>Ladies only</i>	TRX Sculpting Yoga	Aerial Yoga Level 1	The Friday Unwind		
19:00	Gentle Hatha Vinyasa	Beginners Vinyasa <i>Ladies only</i>	Gentle Hatha Vinyasa	Yogalates			
20:00							