

Schedule

MONDAY

7:30

Vinyasa Flow
60min

9:30

Mind Body Chair Yoga*
60 min

19:00

One Love Meditation
upto 60mins

TUESDAY

19:30

Power Flow
75min

THURSDAY

9:30

Mind Body Yoga*
60min

11:00

Mind Body Chair Yoga*
60 min

19:00

Mind Body Yoga*
75min

SATURDAY

9:00

Vinyasa Flow
90min

11:00

Brunch Social**
90min

SUNDAY

10:00

Yoga Philosophy
60 min

11:00

Ashtanga Variations
90min

All classes delivered via Zoom

*Community class.

** Free for class participants. Password required.

Weekends when there is a workshop running classes will be cancelled

All classes require registration in advance