

Memberships & Class Packs

Annual Unlimited Yoga ~ \$1499 upfront \$29/week

Weekly Unlimited Yoga ~ \$39/week

Weekly Unlimited Concession \$32/week

Seniors Chair Yoga ~ \$28/week



Class Packs

Casual Drop In: \$30

Concession / Student Drop In: \$25

Yoga Ten Pack ~ \$190 (\$19/class)

Concession / Student Ten Pack

~ \$165 (\$16.50/class)

Your One-Stop Wellness Hub



FORTIFY
GYM

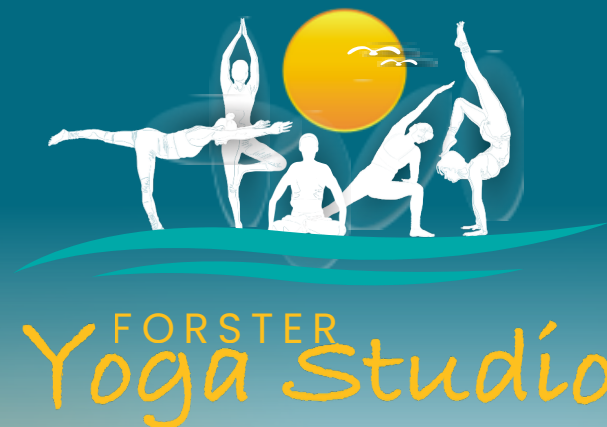
*Reciprocal
rights



Remedial Massage
with Alison Rose



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Spring - Summer 2025

Possibly the most
beautiful yoga sanctuary
on the planet





To book,
go here



To read
class
descriptions,
go here







**MORE
PILATES
CLASSES**




Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7AM Vinyasa (Kris)	6 - 6:45AM Pilates Xpress (Fernanda)	6 - 7AM Vinyasa (Myles)	6 - 7AM Vinyasa (Peter)	6 - 7AM Vinyasa (Mike)		
					8 - 9AM Flow (Myles)	
9:30 - 10:30AM Flow & Yin (Kris)	9:30 - 10:45AM Hatha Yoga (Nitya)	9:30 - 10:30AM Flow (Myles)	9:30 - 10:30AM Flow (Julia)	9:30 - 10:30AM Flow & Yin (Peter)	9:15 - 10:15AM Yin (Mike)	
11AM - 12PM Chair Yoga (Nitya)		11AM - 12PM Chair Yoga (Ali)		11AM - 12PM Chair Yoga (Peter)	10:30AM Ice Bath (Mike)	4 - 5PM Pilates (Fernanda)
4:45 - 5:45PM Vinyasa (Mike)	4:30 - 5:30PM Yin (Bernie)	4:30 - 5:30PM Flow (Ali)	4:45 - 5:45PM Pilates (Fernanda)	4:15 - 5:15PM Vinyasa (Mella)	5:00 - 6:00PM Aroma Yin (Myles)	5:15 - 6:15PM Yin (Ali)
6 - 7PM Yin (Mike)	5:45 - 7:00PM Myofascial Release (Mike)	5:45 - 7:00PM Aroma Yin (Ali)	6:00 - 7:00PM Yin	5:30 - 6:30PM Yin (Lara)	Special Events Check Online	



COLOUR CODES





EVENT: See Momence for details

-  class builds heat, tone and strength
-  class is not heat building but still incorporates some strong poses
-  class offers calming and restoring elements, often with long held gentle stretches.

Note: All classes and teachers subject to change. Please check online or with reception before attending your first class.

* First time only. One time per customer.