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Class Timetable

INFRA-RED
SAUNA
\$35
5 Sauna Pack
\$125

COLOUR CODES



EVENT: See
Momence for details

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 7AM Vinyasa (Kris)	6 - 7AM Vinyasa (Myles)	6 - 7AM Vinyasa (Janrah)	6 - 7AM Vinyasa (Kris)	6 - 7AM Vinyasa (Mike)		
8:00 - 9:00AM Yoga Basics 4 weeks (Kris)				7:15AM Ice Bath	8 - 9:15AM Flow (Ashari)	
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 & Yin (Julia)	9:30 - 10:30AM Flow & Yin (Peter)	9:30 - 10:30AM Yin (Mike)	
11AM - 12PM Chair Yoga (Nitya)		11AM - 12PM Chair Yoga (Ali)		11AM - 12PM Chair Yoga (Peter)		
4:45 - 5:45PM Vinyasa (Mike)	4:30 - 5:30PM Yin (Bernie)	4:30 - 5:30PM Flow (Ali)	4:30 - 5:30PM Yin (Julia)	4:15 - 5:15PM Vinyasa	4:15 - 5:15PM Aroma Yin (Myles)	4:15 - 5:30PM Yin (Ali)
6:00 - 7:00PM Yin (Mike)	5:45 - 6:45PM Flow (Peter)	5:45 - 7:00PM Aroma Yin (Ali)	5:45 - 6:45PM Flow (Peter)	5:30 - 6:30PM Yin (Lara)	5:45 - 6:45PM Giant Gongs & Sound Healing (Monthly)	Special Events Check Online



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.

DROP IN
\$25