

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Awaken 7:00am - 8:00am CAMILA	Vinyasa Flow 6:15am - 7:15am KRISTA	Awaken 7:00am - 8:00am CAMILA	Group Practise 5:45am - 7:45am ROSTERED SUPERVISOR	Self Practise	Group Practise <sup>†</sup> 7:00am - 9:00am ROSTERED SUPERVISOR	Yin Yang 9:15am - 10:15am SARAH
Vinyasa Flow 9:30am - 10:30am CAMILA	Studio Reserved 9:30am - 11:00am	Self Practise	Self Practise	Self Practise	Hatha Yoga <sup>†</sup> 9:15am - 10:15am HELEN	Self Practise
Self Practise	Self Practise	Self Practise	Self Practise	Self Practise	Self Practise	Self Practise
Self Practise	Yin Yang 5:45pm - 6:45pm EMMALEE	Beginners Yoga 5:45pm - 6:45pm SARAH	Self Practise	Rest & Restore 5:45pm - 6:45pm KRISTA	Self Practise	Self Practise
Yoga for Climbers 7:15pm - 8:15pm HELEN	Yoga Fundamentals* 7:15pm - 9:00pm ANDREW	Vinyasa Flow 7:15pm - 8:15pm SARAH	Yoga for Climbers 7:15pm - 8:45pm HELEN	Self Practise	Self Practise	Self Practise

The Yoga Studio is available for self practise within the allocated time slots. Self practise is included in any Uprising membership otherwise it is just \$10 at reception; bookings are not required. \*Six-week course, starts 28 July. <sup>†</sup>Complimentary homemade chai provided.