

## 2020 yoga timetable

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

The Yoga Studio is available for self practise outside times reserved for classes or bookings. Self practise is included in any Uprising membership otherwise it is just \$10 at reception; bookings are not required. \*Six-week courses. <sup>†</sup>Complimentary homemade chai provided. [Book a class.](#)