



Uprising

2022 yoga timetable

yoga

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Awaken 7:00am - 8:00am CAMILA		Awaken 7:00am - 8:00am CAMILA	Group Practise 5:45am - 7:45am ROSTERED SUPERVISOR		Group Practise [†] 7:00am - 9:00am ROSTERED SUPERVISOR	
Studio Reserved 9:30am - 10:30am	Yin Yang 9:30am - 10:30am KRISTA		Flow 9:30am - 10:30am CAMILA		Hatha [†] 9:15am - 10:30am HELEN	Flow 9:15am - 10:30am SARAH
				Flow 4:30pm - 5:30pm KRISTA		
Yin Yang 6:00pm - 7:00pm AMAYA	Ashtanga 5:45pm - 7:00pm AMAYA	Beginners 5:45pm - 6:45pm SARAH	Hatha 6:00pm - 7:00pm HELEN	Rest & Restore 5:45pm - 7:00pm KRISTA		Full Moon Restorative [§] 3:00pm - 5:00pm AMAYA
Yoga for Climbers 7:15pm - 8:15pm HELEN	Yoga Courses* 7:15pm - 8:45pm ANDREW	Flow 7:15pm - 8:15pm SARAH	Yoga for Climbers 7:15pm - 8:45pm HELEN	Kirtan [†] 7:15pm - 8:30pm ATMAVIDYA		Yin [¶] 4:00pm - 5:00pm CAMILA

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. [†]Class is on the first Friday of each month. [†]Complimentary homemade chai provided. [§]Class is on once per month, dates tba. [¶]Classes are on three times per month, dates tba. See bouldering.co.nz/yoga for class and course info.