

# uprising yoga

# class timetable

MON	TUES	WEDS	THURS	FRI	SAT	SUN
		Flow 7:00am - 8:00am GORDIE	Your Pace 5:30am - 7:30am AMAYA/ANDREW		Group Practise <sup>†</sup> 7:00am - 9:00am ROSTERED SUPERVISOR	
Studio Reserved 9:30am - 10:30am					Hatha <sup>†</sup> 9:15am - 10:30am HELEN	Flow 9:15am - 10:30am ROSTERED TEACHER
	Move, Breathe, Meditate 12:00pm - 1:00pm ATMAVIDYA			Gentle Flow 4:30pm - 5:30pm KRISTA		
Yin Yang 6:00pm - 7:00pm AMAYA	Ashtanga 5:45pm - 7:00pm AMAYA	Beginners 5:45pm - 6:45pm ATMAVIDYA	Hatha 5:45pm - 7:00pm HELEN	Rest & Restore 5:45pm - 7:00pm KRISTA		Full Moon Restorative <sup>§</sup> 3:00pm - 5:00pm AMAYA
Yoga for Climbers 7:15pm - 8:15pm AMAYA	Pranayama/ Satsang 7:15pm - 8:45pm ANDREW	Yin 7:15pm - 8:15pm JESSIE	Yoga for Climbers 7:15pm - 8:30pm HELEN	Kirtan <sup>†</sup> 7:15pm - 8:30pm ATMAVIDYA		Rest & Restore <sup>¶</sup> 4:00pm - 5:00pm ATMAVIDYA & JESSIE

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. <sup>†</sup>Class is on the second Friday of each month. <sup>‡</sup>Complimentary homemade chai provided.

<sup>§</sup>Class is on once per month, dates tba. <sup>¶</sup>Classes are on three times per month, dates tba. See [bouldering.co.nz/yoga](http://bouldering.co.nz/yoga) for class and course info.