

uprising yoga

class timetable

MON / RĀHINA	TUES / RĀTU	WEDS / RĀAPA	THURS / RĀPARE	FRI / RĀMERE	SAT / RĀHOROI	SUN / RĀTAPU
		Flow 6:45am - 7:45am GORDIE	Ashtanga: Mysore Style 5:30am - 7:30am ANDREW	Flow 6:45am - 7:45am GORDIE	Group Practise [‡] 7:00am - 9:00am ROSTERED SUPERVISOR	
Studio Reserved 9:30am - 10:30am					Hatha [‡] 9:15am - 10:30am HELEN	Hatha 9:15am - 10:30am ATMAVIDYA
Hatha 5:45pm - 7:00pm HELEN	Ashtanga 5:45pm - 7:00pm SAHAR	Beginners 5:45pm - 6:45pm JESSIE	Ashtanga 5:45pm - 7:00pm SALLY	Rest & Restore 5:45pm - 7:00pm KRISTA		Full Moon Restorative [§] 3:00pm - 5:00pm VARIOUS
Yoga for Climbers 7:15pm - 8:30pm SILKE	Pranayama/ Satsang 7:15pm - 8:45pm ANDREW	Yin 7:15pm - 8:15pm JESSIE	Yoga for Climbers 7:15pm - 8:30pm GORDIE	Kirtan [†] 7:15pm - 8:30pm VARIOUS		Rest & Restore [¶] 4:00pm - 5:00pm 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. [†]Class is on the second Friday of each month. [‡]Complimentary homemade chai provided. *The first Saturday of each month. [§]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.