

# uprising yoga

# class timetable

MON / RĀHINA	TUES / RĀTU	WEDS / RĀAPA	THURS / RĀPARE	FRI / RĀMERE	SAT / RĀHOROI	SUN / RĀTAPU
Flow 6:45am - 7:45am GORDIE		Flow 6:45am - 7:45am GORDIE		Flow 6:45am - 7:45am GORDIE	Group Practice <sup>†</sup> 7:00am - 9:00am ROSTERED SUPERVISOR	
	Yin Yang 12:15pm - 1:00pm AMAYA		Yin Yang 12:15pm - 1:00pm SILKE		Ashtanga <sup>†</sup> 9:15am - 10:30am BRAYDE	Hatha 9:15am - 10:30am ATMAVIDYA
Yin Yang 5:45pm - 7:00pm SILKE	Ashtanga 5:45pm - 7:00pm AMAYA	Yin Yang 5:45pm - 7:00pm JESSIE	Ashtanga 5:45pm - 7:00pm SALLY	Mysore Ashtanga 5:30pm - 7:00pm SALLY / AMAYA		Rest & Restore 3:30pm - 4:30pm KELSEY
Pilates Fusion 7:15pm - 8:15pm TIMEA	Rest & Restore 7:15pm - 8:15pm KELSEY	Yin 7:15pm - 8:15pm JESSIE	Pilates Fusion 7:15pm - 8:15pm TIMEA	Kirtan <sup>‡</sup> 6:00pm - 7:15pm CINDY & LUCY		Full Moon Restorative <sup>‡§</sup> 3:30pm - 5:00pm AMAYA

The yoga studio is available for self practice outside times reserved for classes or bookings. Self practice is included in any Uprising membership, otherwise it is just \$10 at reception; bookings are not required. <sup>†</sup>Class replaces the regular Mysore Ashtanga class on the second Friday of each month.

<sup>‡</sup>Complimentary homemade chai provided. <sup>§</sup>Class is on once per month, dates tba. See [bouldering.co.nz/yoga](http://bouldering.co.nz/yoga) for class and course info.