

uprising yoga

class timetable

MON / RĀHINA	TUES / RĀTU	WEDS / RĀAPA	THURS / RĀPARE	FRI / RĀMERE	SAT / RĀHOROI	SUN / RĀTAPU
Ashtanga 6:45am - 7:45am SALLY		Flow 6:45am - 7:45am KELSEY	Ashtanga Mysore 6:15am - 8:15am SALLY / AMAYA	Flow 6:45am - 7:45am AMAYA		
	Yin Yang 12:15pm - 1:00pm AMAYA		Yin Yang 12:15pm - 1:00pm SILKE		Ashtanga [§] 9:15am - 10:45am ZO / MATTHEW	Hatha 9:15am - 10:30am ATMAVIDYA
					Pranayama & Meditation ^{†§} 11:00am - 12:00pm VARIOUS	
Yin Yang 5:45pm - 7:00pm SILKE	Ashtanga 5:45pm - 7:00pm AMAYA	Yin Yang 5:45pm - 7:00pm ZO / MATTHEW	Ashtanga 5:45pm - 7:00pm SALLY	Ashtanga Beginners Course* 5:45pm - 6:45pm AMAYA / ZO	Kirtan [†] 5:00pm - 6:15pm ŌTAUTAHĪ KIRTAN COLLECTIVE	Rest & Restore 3:30pm - 4:30pm VARIOUS
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	Yoga Nidra [†] 7:00pm - 8:00pm VARIOUS		Deep Rest ^{†§} 3:30pm - 5:00pm AMAYA

The yoga studio is available for self practice outside times reserved for classes or bookings. See bouldering.co.nz/yoga for class and course info.

*Ashtanga Beginners is a 6-week course, please check online bookings for start dates. [§]Complimentary homemade chai provided.

[†]Monthly classes: Yoga Nidra - first Friday, Pranayama & Meditation - first Saturday, Kirtan - first Saturday, Deep Rest - last Sunday.