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** ZO	Flow **6:45am - 7:45am** KELSEY	Ashtanga Mysore **6:15am - 8:15am** SALLY / AMAYA	Flow **6:45am - 7:45am** ZO / AMAYA		
	Yin Yang **12:15pm - 1:00pm** AMAYA	Ashtanga **12:15pm - 1:00pm** AMAYA	Yin Yang **12:15pm - 1:00pm** SILKE		Ashtanga§ **9:15am - 10:45am** ZO	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** MATTHEW	Ashtanga **5:45pm - 7:15pm** SALLY	Ashtanga Beginners Course* **5:45pm - 6:45pm** AMAYA / ZO	Kirtan† **5:00pm - 6:15pm** ŌTAUTAHI 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		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, Kirtan - First Saturday, Deep Rest - last Sunday.

2026-v4b