

Studio Schedule

Effective from 15 April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	TRX Body Sculpt	Vinyasa Yoga	TRX Body Sculpt	Vinyasa Yoga	Aerial Yoga Level 1		
09:00	Split Practice	Aerial Yoga Level 2	Aerial Yoga Level 1 Ladies only	Aerial Yoga Level 2	Split Practice	Aerial Yoga Level 1 Ladies only	TRX Body Sculpt
10:00	Vinyasa Yoga	Inside Flow	Vinyasa Yoga	Inside Flow	Vinyasa Yoga	Split Practice	Vinyasa Yoga
11:00	Aerial Yoga Level 1		Paula Mindful Living			Aerial Yoga Level 2	Inside Flow
17:00					Aerial Yoga Level 2		
18:00	Inside Flow	Split Practice	TRX Body Sculpt	Aerial Yoga Level 1 Ladies only	Aerial Yoga Level 1		
19:00	Candlelight Vinyasa	Aerial Yoga Level 1 Ladies only	Candlelight Vinyasa	Inside Flow	The Friday Unwind		
20:00	Aerial Yoga Level 2	Candlelight Vinyasa	Aerial Yoga Level 2	Candlelight Vinyasa			



Class Summaries

	Benefit	Description
Vinyasa and Candlelight Vinyasa	Strength/Toning ** Flexibility ** Energy use ** De-stress ** Beginner friendly **	Our most balanced class for everyday practice. Each day is different. Friendly to beginners, yet interesting and challenging. Evening sessions use low lighting and candles to set the mood. Remember to pair your breathing with your movements!
	Benefit	Description
Inside Flow	Strength/Toning ** Flexibility ** Energy use *** De-stress * Beginner friendly	A more advanced vinyasa class paired with music for a unique yoga flow. This class requires strength, stamina, flexibility and good understanding of pranayama practice during asana movement. We do not accept beginners in this class.
	Benefit	Description
Split Practice	Strength/Toning ** Flexibility *** Energy use ** De-stress * Beginner friendly **	A class focused on flexibility to achieve the split, which requires flexibility paired with strength to remain safe. Essentially a highly focused hip flexibility class. Open to beginners and new guests to the studio.
	Benefit	Description
The Friday Unwind	Strength/Toning * Flexibility ** Energy use * De-stress *** Beginner friendly ***	The perfect way to unwind before the weekend starts. Stretch and your body and unwind your mind after a week of practice and responsibilities. Dynamic movement for warmup leads to deeper stretches and total body care. Low lights and candles set the mood while aromatic smells surround you.
	Benefit	Description
TRX Body Sculpt	Strength/Toning *** Flexibility * Energy use *** De-stress * Beginner friendly **	Using your own body weight with suspension belts to improve strength and balance. This is our most intensive class, and mixes the standard gym sequence with yogic sequence principles. Open to beginners and new guests to the studio.
	Benefit	Description
Aerial Yoga Level 1	Strength/Toning ** Flexibility ** Energy use *** De-stress * Beginner friendly ***	A different take on traditional yoga asanas as we modify them with the use of an aerial silk hammock. This class is open to beginners and new guests to the studio. Your learning is often supported by two teachers.
	Benefit	Description
Aerial Yoga Level 2	Strength/Toning *** Flexibility *** Energy use *** De-stress * Beginner friendly	For everyone who wants to continue learning beyond the fundamentals we teach in the level 1 sessions. Not open to beginners or new guests to the studio. A teacher will move you from level 1 to level 2 when you are ready.
	Benefit	Description
Mindful Living	Strength/Toning Flexibility Energy use De-stress * Beginner friendly ***	A weekly session to support anyone interested in being more mindful in everything they do, from leadership, yoga, conversations or parenting. The academy has longer workshops on the same topic. Open to beginners and new guests of the studio.