

BURN YOGA

CLASS TIMETABLE



MON	TUE	WED	THU	FRI	SAT	SUN
8.30 - 9.30AM BODY BURN Instructor Joey	9.30 - 10.30AM CHAIR YOGA Instructor Joey	6.30-7.30AM PILATES FLOW Instructor Rochelle	9.30 - 10.30AM HATHA Instructor Roger	9.30 - 10.30AM YOGALATES Instructor Joey	9.00 - 10.00AM ASHTANGA Instructor Roger	10.00 - 11.00AM YIN YOGA Instructor Rachael
6.00 - 7.00PM TRANQUIL HOUR Instructor Racheal	6:00 - 7:00PM PILATES Instructor Joey	9.15 - 10.15AM FLOW YOGA Instructor Roger	6.00 - 7.00PM STRETCH & MOBILISE Instructor Joey			
7:00-8:00PM TRANQUIL HOUR Instructor Rachael		6.00- 7.00PM YIN YOGA Instructor Rachael				

[JOIN NOW](#)