

# 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 - 10.20AM  
**ASHTANGA**  
Instructor  
Roger

10.00 - 11.00AM  
**YIN YOGA**  
Instructor  
Rachael

6.00 - 7.00PM  
**PILATES**  
Instructor  
Rochelle

6:00 - 7:00PM  
**PILATES**  
Instructor  
Joey

9.15 - 10.15AM  
**FLOW YOGA**  
Instructor  
Roger

6.00 - 7.00PM  
**STRETCH &  
MOBILISE**  
Instructor  
Joey

6.00- 7.00PM  
**YIN YOGA**  
Instructor  
Rachael

[BOOK NOW](#)