
BURN YOGA
CLASS TIMETABLE
BURN YOGA
MON
TUE
WED
THU
FRI
SAT
SUN
8.30 - 9.30AM
BODY BURN
Instructor
Joey
9:30 - 10:30AM
CHAIR YOGA
Instructor
Joey
9.15 - 10.15AM
FLOW YOGA
Instructor
Roger
9.30 - 10.30AM
HATHA
Instructor
Roger
9.30 - 10.30AM
YOGALATES
Instructor
Joey
9.00 - 10.20AM
ASHTANGA
Instructor
Roger
9:00-10:00AM
YIN YOGA
Instructor
Rachael
6.00 - 7.00PM
PILATES/YOGA
Instructor
Rochelle
6:00 - 7:00PM
PILATES
Instructor
Joey
6.00- 7.00PM
YIN YOGA
Instructor
Rachael
6.00 - 7.00PM
STRETCH &
MOBILISE
Instructor
Joey
6:15-7:45PM
DEEP RESET
(every 4 weeks)
Instructor
Rachael
10:15-11:15AM
YIN YOGA
Instructor
Rachael
7.30-8.30PM
YIN YOGA
Instructor
Rachael
BOOK NOW