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07.00-08.00
AWAKE YOGA

07.00-08.00
THE BLOW OUT

07.00-08.00
AWAKE YOGA

07.00-08.00
AWAKE YOGA

07.00-08.00
ASHTANGA
INSPIRED YOGA

08.30-09.30
LIGHT THERAPY
October to March

08.30-09.30
LIGHT THERAPY
October to March

08.30-09.30
LIGHT THERAPY
October to March

09.00-09.45
LIGHT THERAPY
October to March

09.00-09.45
LIGHT THERAPY
October to March

10.30-11.30
LIGHT THERAPY
October to March

10.00-11.15
YOGA + BREATH

10.00-11.30
RESTORATIVE
YOGA

12.00-12.45
SWEATY VIBE

12.00-12.45
VINYASA YOGA

12.00-12.45
VINYASA YOGA

12.00-12.45
HOT VINYASA

12.00-12.45
VINYASA YOGA

12.00-13.30
ROCKET VINYASA

12.00-13.30
CREATIVE VINYASA
FLOW YOGA

12.45-13.00
BREATHE

12.45-13.00
BREATHE

12.45-13.00
BREATHE

12.45-13.00
MEDITATION

12.45-13.00
MEDITATION

13.30-14.30
LIGHT THERAPY
October to March

13.30-14.30
LIGHT THERAPY
October to March

13.30-14.30
LIGHT THERAPY
October to March

13.30-14.30
LIGHT THERAPY
October to March

14.00-15.00
LIGHT THERAPY
October to March

15.45-16.30
LIGHT THERAPY
October to March

14.45-15.45
LIGHT THERAPY
October to March

15.15-16.15
LIGHT THERAPY
October to March

17.00-18.00
YOGA THERAPY
BALLS

16.30-17.30
SLOW FLOW

16.30-17.00
SHAKING

16.00-17.00
YOGA NIDRA

16.15-17.30
PRENATAL YOGA
COURSE

18.15-19.15
INSIDE FLOW
YOGA

17.45-19.25
YOGA 100

17.45-19.00
HOT VINYASA

17.30-19.00
THE BLOW OUT

18.00-20.00
EVENTS

18.15-19.15
COMMUNITY YOGA

19.30-20.45
SOUND HEALING

19.45-21.00
BREATHWORK

19.15-20.30
YIN &
YOGA THERAPY

19.30-20.30
COMMUNITY YOGA

19.30-20.45
YIN & HARP
THERAPY



YOGA



WORK-OUT



RELAXATION



EXPERIENCE



LIGHT THERAPY

Classes and events will be added as we go, check the website for updated timings and happenings.