

Wellness Studio



Summer 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am	Yoga 60mins		Yoga			
7.30am		Stretch and Balance	Pilates	Stretch and Balance	Pilates	
8.30am	Strength and Stability	Release and Recover		Strength and Stability	Yoga	Yoga 60min
9.30am	Yoga 60mins				Stretch and Balance	
10.45am	Pilates		Stretch and Balance		Yoga 60mins	
4.30pm			Yoga 60mins			

all classes 50mins unless stated otherwise

CLASS DESCRIPTIONS

Stretch and Balance

Improve your stability, flexibility, and range of motion. Mainly mat-based class, occasionally using foam rollers or other equipment.

Pilates

Classic mat work class using bodyweight and varying equipment to improve strength and posture.

Release and Recover

Work on your tightest and weakest areas using balls, blocks and bands to achieve better movement and performance. Functional Mobility at its best.

Yoga

Unless stated otherwise, all Yoga classes are “Vinyasa Flow” style. Vinyasa Flow involves fluid sequences of poses in time with your breath; poses can be modified to suit ability level. Beginner and advanced welcome.

Strength and Stability

This class is a series of movements to wake up your body and get your energy flowing. A combination of strength and balance work, followed by a simple Qi Gong practice to put some happy “Zen” into your day.