

# Wellness Studio

28 April 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	Yoga 60mins		Pilates 60mins	Yoga 60mins		
7.30am	Pilates 50mins	Gentle Yoga 50mins	Yoga 60mins	Stretch and Mobilise 50mins	Pilates 50mins	Pilates 50mins
8.30am	Stretch and Mobilise 60mins	Yoga 60mins	8.45am class Pilates 50mins	Pilates 60mins	Stretch and Mobilise 60mins	Yoga 60mins
9.45am			Pilates Mobility 50mins (starts 11 June)			

# CLASS DESCRIPTIONS

## Stretch and Mobilise

Join this class to improve stability, flexibility, and range of motion. Occasional use of foam rollers and other equipment.

## Pilates

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

## Pilates Mobility

Combining the best of both worlds, this class focuses on improving range of motion, flexibility, and overall movement efficiency with control. Designed to gradually enhance joint and muscle mobility with dynamic stretches and flows. A great way to feel more agile and reduce stiffness.

## Yoga

Yoga is an ancient practice that joins physical poses with breathing techniques to promote mental and physical well-being. A regular yoga practice can promote endurance, strength, flexibility and calm. Instructors will modify classes to suit ability level.

## Gentle Yoga

This class combines elements of Yoga with breathwork and stretches for a gentler workout. Ideal for those new to Yoga.