

# Wellness Studio

September 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		
8.30am	Stretch and Mobilise 60mins	Yoga 60mins	8.45am class Pilates 50mins	8.45am class Pilates 60mins	Stretch and Mobilise 60mins	Yoga 60mins	

# **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.

## **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.