

Wellness Studio



December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	
7.30am	Stretch and Mobilise 60mins			Stretch and Mobilise 60mins		
8.30am		Yoga 60mins	Pilates 60mins		Stretch and Mobilise 60mins	

CLASS DESCRIPTIONS

Stretch and Mobilise

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

Pilates

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

Yoga

Regular yoga practice can promote endurance, strength, flexibility, and calm. Instructors will adjust classes to suit ability level.