

Weekly Schedule

With effect from 22 April

Mon	Tues	Wed	Thu	Fri	Sat	Sun
<p>7:15am Terra Flow (60 mins)</p> <p>8:30am Terra Power (60 mins)</p>	<p>7:00am Terra Power (60 mins)</p> <p>8:15am Terra Basics (60 mins)</p> <p>9:30am Womb Yoga (60 mins)</p>	<p>7:15am Terra Basics (60 mins)</p> <p>8:30am Movement Meditation (60 mins)</p> <p>10:15am Mums & Bubs (60 mins)</p> <p>11:30am Pre-natal (75 mins)</p>	<p>7:00am Terra Flow (60 mins)</p> <p>8:15am Terra Basics (60 mins)</p> <div data-bbox="1335 1039 1587 1165" data-label="Image"> </div> <p>6:30pm Terra Power (60 mins)</p> <p>8:00pm Relax & Unwind (60 mins)</p>	<p>7:15am Terra Power (60 mins)</p> <p>8:30am Terra Flow (60 mins)</p> <p>10:00am Terra Stretch (60 mins)</p> <p>11:30am Post-natal (75 mins)</p> <p>7:00pm Luna Flow (60 mins)</p> <p>8:15pm Movement Meditation (60 mins)</p>	<p>8:00am Terra Power (60 mins)</p> <p>9:30am Terra Basics (75 mins)</p> <p>11:00am Relax & Unwind (60 mins)</p> <p>1:15pm Family Yoga (60 mins)</p> <p><i>*Bi-weekly offering (check Mindbody for exact dates)</i></p> <p>2:45pm Womb Yoga (60 mins)</p> <p>4:00pm TRE (60 mins)</p>	<p>9:30am Terra Stretch (60 mins)</p> <p>11:00am Pre-natal (75 mins)</p> <p>1:15pm Terra Power (60 mins)</p> <p>2:45pm Terra Basics (60 mins)</p> <p>4:00pm Relax & Unwind (60 mins)</p>
<p>6:30pm Pre-natal (75 mins)</p> <p>8:00pm Terra Stretch (60 mins)</p>	<p>7:00pm Terra Power (60 mins)</p> <p>8:15pm Luna Flow (60 mins)</p>	<p>6:00pm Womb Yoga (60 mins)</p> <p>7:15pm Terra Basics (60 mins)</p> <p>8:30pm Yoga Nidra (45 mins)</p>			<p>7:00am, 7:15am and 8:00am classes will be cancelled if there are no bookings by 10pm the night before.</p> <p><i>Weekly schedule is subject to change. Please check MINDBODY online to view the latest schedule</i></p> <p><i>Questions? Reach out to us via FB, WhatsApp or email hello@terralunayoga.com.</i></p>	