


# Weekly Schedule

With effect from 17 Jun

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	<b>7:00am</b> Terra Power (60 mins)	<b>7:15am</b> Terra Basics (60 mins)	<b>7:00am</b> Terra Flow (60 mins)		<b>8:00am</b> Terra Power (60 mins)	
	<b>8:15am</b> Terra Basics (60 mins)	<b>8:30am</b> Terra Power (60 mins)	<b>8:15am</b> Terra Basics (60 mins)	<b>8:30am</b> Terra Flow (60 mins)	<b>9:30am</b> Terra Basics (75 mins)	<b>9:30am</b> Terra Stretch (60 mins)
	<b>9:30am</b> Womb Yoga (60 mins)	<b>10:00am</b> Mums & Bubs (60 mins)		<b>10:00am</b> Terra Stretch (60 mins)	<b>11:00am</b> Womb Yoga (60 mins)	<b>11:00am</b> Pre-natal (75 mins)
<b>10:15am</b> Terra Flow (60 mins)		<b>11:15am</b> Pre-natal (75 mins)			<b>1:15pm</b> Family Yoga (60 mins) <i>*Bi-weekly offering (check Mindbody for exact dates)</i>	<b>1:15pm</b> Terra Power (60 mins)
<b>11:30am</b> <i>Post-natal Yoga &amp; Self-care Course</i> (75 mins) <i>*5 week course starting in Jul</i>					<b>2:45pm</b> Terra Stretch (60 mins)	<b>2:45pm</b> Terra Basics (60 mins)
		<b>6:00pm</b> Terra Basics (60 mins)		<b>6:00pm</b> Womb Yoga (60 mins)	<b>4:00pm</b> Restorative Yoga (60 mins) <i>*starting 29 Jun</i>	<b>4:00pm</b> Yin Yoga (60 mins)
<b>6:30pm</b> Pre-natal (75 mins)	<b>6:30pm</b> Terra Power (60 mins)	<b>7:15pm</b> Yin & Yoga Nidra (60 mins)	<b>6:30pm</b> Terra Power (60 mins)	<b>7:15pm</b> Tension Release Exercise (TRE) (60 mins)	<b>7:00am, 7:15am and 8:00am classes will be cancelled if there are no bookings by 10pm the night before.</b>	
<b>8:00pm</b> Terra Stretch (60 mins)	<b>8:00pm</b> Luna Flow (60 mins)		<b>8:00pm</b> Yin Yoga (60 mins)		<i>Weekly schedule is subject to change. Please check MINDBODY online to view the latest schedule</i>	
					<i>Questions? Reach out to us via FB, WhatsApp or email <a href="mailto:hello@terralunayoga.com">hello@terralunayoga.com</a>.</i>	