

Weekly Schedule

with effect from 8 Sept

| Mon | Tues | Wed | Thu | Fri | Sat | Sun |
|---|---|--|---|---|---|--|
| | <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>8:30am Terra Power (60 mins)</p> <p>10:00am Mums & Bubs* (60 mins) <i>*Bi-weekly from 18 Sept</i></p> <p>11:15am Pre-natal (75 mins)</p> | <p>7:00am Terra Flow (60 mins)</p> <p>8:15am Terra Basics (60 mins)</p> | <p>8:30am Terra Flow (60 mins)</p> <p>10:00am Terra Stretch (60 mins)</p> | <p>8:00am Terra Power (60 mins)</p> <p>9:30am Terra Basics (60 mins)</p> <p>11:00am Womb Yoga (60 mins)</p> <p>1:00pm Family Yoga* (60 mins) <i>*Bi-weekly; bookings essential, min 3 pairs to start</i></p> <p>2:15pm Terra Stretch (60 mins)</p> <p>3:30pm Restorative Yoga (60 mins)</p> | <p>9:30am Terra Stretch (60 mins)</p> <p>11:00am Pre-natal (75 mins)</p> <p>2:15pm Terra Basics (60 mins)</p> |
| <p>10:15am Terra Flow (60 mins)</p> | | |  | | | |
| <p>6:30pm Pre-natal (75 mins)</p> <p>8:00pm Terra Stretch (60 mins)</p> | <p>6:30pm Terra Power (60 mins)</p> <p>8:00pm Luna Flow (60 mins)</p> | <p>6:00pm Terra Basics (60 mins)</p> <p>7:15pm Restorative Yoga (60 mins)</p> | <p>6:30pm Terra Power (60 mins)</p> <p>8:00pm Yin Yoga (60 mins)</p> | <p>6:00pm Womb Yoga (60 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> | |

