

Weekly Class Schedule

with effect from 1 April 2020

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	7:00am Terra Power				8:00am Terra Power	
	8:30am Terra Basics			8:30am Terra Flow	9:30am Terra Basics	9:30am Flow & Stretch
10:15am Terra Flow		10:00am Mums & Bubs (online) <i>*occurs fortnightly; check MINDBODY for details</i>		10:00am Terra Stretch	11:00am Special Events <i>(check MINDBODY for details)</i>	11:00am Prenatal (75 mins)
				11:30am Mothers' Circle (online) <i>*occurs fortnightly; check MINDBODY for details</i>		
		6:00pm Terra Basics	6:30pm Prenatal (75 mins)	6:00pm Womb Yoga	3:30pm Restorative Yoga	3:30pm Release Your Stress with TRE® <i>*occurs fortnightly; check MINDBODY for details</i>
	7:00pm Terra Power	7:30pm Restorative Yoga <i>(new timing)</i>				
8:00pm Terra Stretch	8:15pm Yin Yoga		8:15pm Flow & Stretch <i>(new timing)</i>			

- NOTE:**
- Classes shaded beige are available as a 'live' online class option, and those shaded blue are dedicated online classes
 - All classes are 60 mins unless otherwise stated.
 - Weekly schedule is subject to change. Please check MINDBODY online to view the latest schedule.
 - Bookings essential. Classes will be **cancelled 2 hours** before start times if there are no bookings received.
 - Classes with start times from **7am – 8:30am will be cancelled** if there are no bookings by **10pm the night before**.
 - Joining us online? Remember to book at least 2 hours before and pay using the 'Online Pass' option – we will send you the weblink at least one hour before the class starts. Live-streaming of classes will not proceed in the event of class cancellation.