





















Class Schedule

With effect from 26 October 2020

Schedule is subject to change; please check MINDBODY online for the latest.

MON	TUE	WED	THU	FRI	SAT	SUN
 10:15am Terra Flow	 8:45am Terra Basics	 8:30am Terra Power	 9:00am Terra Basics [online only]	 8:30am Terra Flow	 8:00am Terra Power	 9:30am Flow & Stretch
		 10:00am Mums & Bubs (min 3 to start)		 10:00am Terra Stretch	 9:30am Terra Basics	 11:00am Prenatal (75 mins)
		11:30am Prenatal (75 mins)		11:30am Mothers' Circle (monthly; please check MINDBODY for dates)	11:00am Special Events (please check MINDBODY for event details)	 2:00pm Womb Yoga
 6:30pm Core Flow	 6:30pm Terra Power	 6:00pm Terra Basics	6:15pm Prenatal (75 mins)	6:00pm Special Events (monthly; please check MINDBODY for dates)		3:30pm Release Your Stress with TRE® (fortnightly please check MINDBODY for dates)
 8:00pm Terra Stretch	 8:00pm Yin Yoga	 7:30pm Restorative Yoga	 8:00pm Flow & Stretch			

NOTE:

- Bookings are essential. Weekly schedule is subject to change. Please check MINDBODY online to view the latest schedule.
- All classes are 60 mins unless otherwise stated. Classes marked with  are available as a livestream TLY Online class - please book online to receive the livestream details.
- Late cancellations (less than 2 hour notice) will carry a credit deduction for regular classes. For TRE and special events, a 24 hour cancellation policy applies.
- Classes will be cancelled 2 hours before start times if there are no bookings.
- Classes with start times from 7am - 9:30am will be cancelled if there are no bookings by 9pm the night before.
- If you're booking a TLY Online class, please enter our virtual studio space on Zoom (bit.ly/TLYOnline) or key in meeting ID: 965-836-1100.