










Class Schedule

With effect from 1 March 2021

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

MON	TUE	WED	THU	FRI	SAT	SUN
 10:30am Terra Flow	 8:45am Terra Basics	 8:30am Terra Power	 8:00am Terra Basics	 8:30am Terra Flow	 8:00am Terra Power	 9:30am Flow & Stretch
		 10:00am Mums & Bubs <small>(min 3 to start)</small>		 10:00am Terra Stretch	 9:30am Terra Basics	
		 11:30am Prenatal <small>(75 mins)</small>	 11:30am Terra Power		10:00am Core Flow	
					11:00am Family/Kids Yoga <small>(fortnightly)</small>	 11:00am Prenatal <small>(75 mins)</small>
					 11:30am Terra Stretch	
 6:30pm Core Flow	 6:30pm Terra Power	 6:00pm Terra Basics	6:30pm Prenatal	6:30pm/7:00pm Special Events <small>(check website for details)</small>		
 7:00pm Well-Woman Yoga		 7:30pm Restorative Yoga				
 8:00pm Terra Basics	 8:00pm Yin Yoga		 8:00pm Flow & Stretch			3:30pm Release Your Stress with TRE® <small>(fortnightly please check website for dates)</small>

NOTE:

- Bookings are essential. Weekly schedule is subject to change. Please check Punchpass online to view the latest schedule (terralunayoga.punchpass.com)
- 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 Zoom meeting 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.