


Temporary Class Schedule (P2HA)

With effect from 22 Jul 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		8:30am Terra Flow	8:00am Terra Power	9:30am Flow & Stretch
		11:30am Prenatal	11:30am Terra Power	10:00am Terra Stretch	9:30am Terra Basics	
				11:30am Post-Natal Yoga Course <small>(fortnightly please check website for dates)</small>	9:45am Core Flow	
					11:00am Prenatal	11:00am Prenatal
6:30pm Core Flow		6:00pm Terra Basics	6:30pm Prenatal	6:30pm Well-Woman Yoga/ Meditation Circle <small>(alternate)</small>		
	6:30pm Terra Power	7:30pm Restorative Yoga				3:30pm Release Your Stress with TRE® <small>(fortnightly please check website for dates)</small>
8:00pm Terra Stretch	8:00pm Yin Yoga		8:00pm Flow & Stretch			

 In-person class; bring own mat

 Livestream/online class

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. Most classes are available as a livestream TLY Online class - please book online to receive the Zoom meeting details.
- For all in-person classes, you will need to bring your own mat and props (if applicable). Masks must be worn at all times, including during the class.
- Late cancellations (less than 4 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.

