

Class Schedule

With effect from 15 Nov

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

MON	TUE	WED	THU	FRI	SAT	SUN
<p>10:30am Terra Flow</p>	<p>10:30am Power Pilates</p>	<p>10:00am Mums & Bubs (min 3 to start)</p>		<p>8:30am Terra Flow</p>	<p>8:00am Terra Power</p>	
		<p>11:30am Prenatal</p>	<p>12:00pm Strength & Mobility</p>	<p>10:00am Terra Stretch</p>	<p>9:30am Terra Basics</p>	<p>9:30am Flow & Stretch</p>
		<p>6:00pm Terra Basics</p>		<p>11:30am Post-Natal Yoga Course (bi-monthly; please check website for dates)</p>	<p>11:00am Core Flow</p>	<p>11:00am Prenatal</p>
<p>6:30pm Inside Flow</p>	<p>6:30pm Terra Power</p>	<p>7:30pm Restorative Yoga</p>	<p>6:30pm Prenatal</p>		<p>1:30pm Yoga Foundations 4 week course (bi-monthly; please check website for dates)</p>	
<p>8:00pm Terra Stretch</p>	<p>8:00pm Yin Yoga</p>		<p>8:00pm Flow & Stretch</p>	<p>6:30pm Well-Woman Yoga/ Meditation Circle (monthly)</p>		<p>3:30pm Release Your Stress with TRE® (fortnightly please check website for dates)</p>

NOTE:

- Bookings are essential. Weekly schedule is subject to change. Please check Punchpass online to view the latest schedule (terralunayoga.punchpass.com)
- Prenatal classes are 75 mins and all other 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.
- Please refer to www.terralunayoga.com/covidupdates for the latest on mats, props and vaccination-differentiated safety measures.
- 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.



In-person class



**Livestream/
online class**