

# Class Schedule

With effect from 7 March 2022

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

MON	TUE	WED	THU	FRI	SAT	SUN
				8:30am Terra Flow	8:00am Terra Power	
10:00am Terra Flow		10:00am Mums & Bubs (min 3 to start)		10:00am Post-Natal Yoga Course (bi-monthly; please check website for dates)	9:30am Terra Basics	9:30am Flow & Stretch
11:30am Prenatal	10:30am Power Pilates		12:00pm Strength & Mobility	12:00pm Terra Power	11:00am Power Pilates	11:00am Prenatal
					11:00am Kids Yoga (monthly; please check website for dates)	
6:30pm Terra Flow	6:30pm Terra Power	6:15pm Flow & Stretch	6:30pm Prenatal	6:30pm Well-Woman Yoga/ Meditation Circle (monthly)	1:30pm Yoga Foundations 4 week course (bi-monthly; please check website for dates)	
8:00pm Terra Stretch	8:00pm Yin Yoga	7:30pm Restorative Yoga				3:30pm Release Your Stress with TRE® (fortnightly please check website for dates)



**In-person class**



**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](http://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](http://www.terralunayoga.com/covidupdates) for the latest on mats, props and vaccination-differentiated safety measures.
- Late cancellations (less than 6 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.