

Class Schedule

With effect from Aug 2022

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

MON	TUE	WED	THU	FRI	SAT	SUN
					8am Power II	
10am Flow	10am Power Pilates	10:30am Flow		10am Post-Natal Yoga Course <small>(monthly; please check website for dates)</small>	9:30am Basics	9:30am Flow & Stretch
11:30am Prenatal	12pm Flow & Stretch	12pm Strength & Cardio Circuit (45mins)	12pm Strength & Mobility	12pm Power I	11am Power Pilates	11am Prenatal (75mins)
				3:00pm Mums & Bubs <small>(min 3 to start; bi-weekly)</small>		
6:45pm Flow	6:30pm Power I	6:15pm Basics	6:30pm Prenatal	6:30pm Meditation Circle <small>(monthly)</small>		1:30pm Yoga Foundations 4 week course <small>(bi-monthly; please check website for dates)</small>
8:00pm Stretch	8pm Yin Yoga	7:30pm Restorative Yoga	7pm Flow & Stretch			3:30pm Release Your Stress with TRE® <small>(bi-weekly; please check website for dates)</small>

- **ALL CLASSES ARE IN-PERSON**

- 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. For livestream classes (), please book online to receive the Zoom meeting details or access to recording.
- Please refer to 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 48 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.