

# Class Schedule

With effect from 1 March 2023

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

MON	TUE	WED	THU	FRI	SAT	SUN
					8am Power II <small>(Mixed Gender)</small>	
10am Flow	10am Power Pilates			10am Post-Natal Yoga Course <small>(monthly; please check website for dates)</small>	9:30am Basics	9:30am Flow & Stretch
11:30am Prenatal		10:30am Flow				
	12pm Flow & Stretch	12pm Strength & Cardio Circuit <small>(45mins)</small>	12pm Strength & Mobility	12pm Power I	11am Power Pilates	11am Prenatal
5:30pm Power I <small>(Mixed Gender)</small>						
7pm Flow <small>(Mixed Gender)</small>	6:45pm Basics <small>(Mixed Gender)</small>	6:30pm Mobility Flow <small>(Mixed Gender)</small>	6:30pm Prenatal		2pm Special Classes/Events <small>(please check website for details)</small> <small>(Mixed Gender)</small>	1:30pm Yoga Foundations 4 week course <small>(bi-monthly; please check website for dates)</small>
8pm Stretch	8pm Yin Yoga <small>(Mixed Gender)</small>	7:30pm Restorative Yoga	8pm Flow & Stretch <small>(Mixed Gender)</small>	7pm Meditation Circle <small>(monthly)</small> <small>(Mixed Gender)</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](http://terralunayoga.punchpass.com))
- For recorded classes (available for prenatal only), please book the correct class online to receive the recording.
- 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.