



PR Pre-registered

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				6.30 - 7:45am Early Morning Vinyasa w/ Jonathan PR		11-12:30am Vinyasa Flow 1 W/ Po
9:30-11am Yoga Bootcamp PR		9.30 - 11am Yoga Bootcamp PR	1-2:30pm Level 1,2 w/ Kathleen	9:30-10:30am Pilates PR	9:30-11am Beginners w/ Rebecca	2-3:30pm Yoga for Athletes PR
	1-2:30pm Level 1,2 w/ Kathleen	4:30-5:30pm Kids Yoga (6-11) w/ Jessica PR	6 - 7.20pm Beginners Flow w/Jonathan	12:15-1:15pm Power Hour w/ Jonathan	9:30-11am Beginners Wksp PR	4-5:30pm Vinyasa Flow 1 with Elke*
6-7:20pm Yoga Drum 1,2 w/ Suz	6 - 7.20pm Yoga Bootcamp w/ Jonathan	6-7:20pm Gentle Flow w/ Jonathan	6:15-7:30pm Prenatal PR	6 - 7.30pm Level 1,2 w/ Livia	11:15-12:30pm Yoga Bootcamp w/ Jonathan	
7:30-9pm Vinyasa Flow 1 w/ Suz	7:30-9pm Beginners WKSHP PR	7:30-9pm Vinyasa Flow 1 w/ Kathleen	7:30-9pm Vinyasa Flow 1 w/ Eroca		11:15-12:30pm Prenatal PR	
7:30 - 9 pm Beginners Flow w/ Jonathan	7:30-9pm Beg/Level 1 w/ Po		7:30-9pm Beginners Wksp PR			

BE PREPARED TO SWEAT IN ALL CLASSES

Some yoga experience suggested    Beginners    PR Pre-registered  
Drop-in available if space allows

- All classes are **Ashtanga** based.
- **Prenatal classes** run on Thursdays at 6.15pm and Saturdays at 11.15am. They run for 5 week sessions. Groupons are valid for use with prenatal classes.
- **The Beginners Workshop** The Beginners workshops is a 4 part series which focuses on building the fundamentals. Over the four classes students learn proper breathing, alignment, and help finds ways to maximize the benefit of their yoga classes. See workshop page for more details.
- **The morning Yoga Bootcamp** is a preregistered class which runs by advance registration. The Tuesday 6pm and Saturday 11.15am Bootcamp classes are regular drop-in classes.



"Yoga has allowed me to get in touch with my body in ways no other form of training ever has."

Asia, personal trainer and Fireflow Student