

| <b>DAY</b>       | <b>TIME</b>             | <b>CLASS</b>              | <b>BOOK YOUR MAT</b>            |
|------------------|-------------------------|---------------------------|---------------------------------|
| Monday           | 9.30am                  | Breath Flow Yoga          | <a href="#"><u>book now</u></a> |
| Wednesday        | 9.30am                  | Restorative Prana<br>Yoga | <a href="#"><u>book now</u></a> |
| Wednesday        | 6.30pm                  | Vinyasa Slow/Flow<br>Yoga | <a href="#"><u>book now</u></a> |
| Friday           | 9.30am                  | Yin Yoga                  | <a href="#"><u>book now</u></a> |
| Join online ZOOM | any of above<br>classes |                           | <a href="#"><u>book now</u></a> |