

# Ebb&Flow

YOGA PILATES BARRE

## TIMETABLE

### Monday

07:00 - 07:45	Hot Flow 32'C (Level 1 & 2)
09:30 - 10:25	Pilates (Level 1)
10:40 - 11:35	Barre (All Levels)
12:00 - 12:55	Vinyasa Yoga (Level 1 & 2)
17:40 - 18:35	Hot Flow 32'C (Level 2 & 3)
18:00 - 18:55	Pilates (Level 1)
18:50 - 19:45	Yin Yoga (All Levels)
20:00 - 21:00	Flow & Restore (Level 1 & 2)

### Tuesday

07:00 - 07:45	Barre (All Levels)
09:30 - 10:25	Hatha Yoga (Level 1 & 2)
10:40 - 11:35	Hot Flow 32'C (Level 2 & 3)
17:30 - 18:25	Vinyasa Yoga (Level 1 & 2)
17:40 - 18:35	Beginners Yoga
18:40 - 19:35	Dynamic Pilates (Level 2)
18:50 - 19:45	Hatha Yoga (Level 1)
19:45 - 20:40	Yoga for Men
20:00 - 20:55	Hot Flow 32'C (Level 2 & 3)

### Wednesday

07:00 - 07:45	Warm Flow 26'C (Level 1 & 2)
09:30 - 10:30	Dynamic Pilates (Level 2 & 3)
10:40 - 11:35	Hatha Yoga (Level 1)
17:40 - 18:35	Hot Flow 32'C (Level 2 & 3)
18:00 - 18:45	Barre (All Levels)
18:50 - 19:45	Vinyasa Yoga (Level 1 & 2)
19:00 - 19:45	Barre (All Levels)
20:00 - 20:55	Candlelit Yin Yoga (All Levels)

### Thursday

06:30 - 07:25	Hot Flow 32'C (Level 2 & 3)
09:30 - 10:25	Beginners Barre (Fortnightly)
09:30 - 10:25	Vinyasa Yoga (Level 2)
10:40 - 11:35	Barre (All Levels)
17:30 - 18:25	Pilates (Level 1 & 2)
17:30 - 18:25	Yoga for Teens
18:50 - 19:45	Warm Flow 26'C (Level 2 & 3)
19:30 - 20:25	Yoga for Men
20:00 - 21:00	Candlelit Restorative (All Levels)

### Friday

07:00 - 07:45	Barre (All Levels)
09:30 - 10:45	Mindful Flow (All levels)
11:00 - 12:00	Pilates (Level 1)
12:15 - 13:00	Vinyasa Yoga (Level 2 & 3)
18:00 - 19:00	Warm Flow 26'C (Level 1 & 2)
19:10 - 20:05	Warm Flow 26'C (Level 2 & 3)

### Saturday

07:00 - 07:55	Warm Mindful Flow 26'C (Level 1)
08:10 - 09:05	Hot Flow 32'C (Level 2 & 3)
08:15 - 09:10	Barre (All Levels)
09:20 - 10:15	Warm Vinyasa 26'C (Level 1 & 2)
09:30 - 10:25	Beginners Yoga
10:30 - 11:25	Hatha Yoga (Level 1 & 2)
10:45 - 11:40	Yoga for Men
17:00 - 18:15	MASTERCLASS (changes weekly)

### Sunday

07:00 - 07:55	Hot Flow (32'C) (Level 2 & 3)
08:20 - 09:15	Barre (All Levels)
09:30 - 10:25	Beginners Pilates (Fortnightly)
09:30 - 10:25	Vinyasa Yoga (Level 1 & 2)
10:40 - 11:35	Pilates (All Levels)
11:00 - 11:55	Yoga for Teens
17:15 - 18:15	Candlelit Yin Yoga (All Levels)