

FEBRUARY 2026

WEEKLY TIMETABLE



Please note: these are casual prices - discounts available for regular students, please ask you teacher.

TUESDAY	CLASS	TEACHER	PRICE
4:30 - 5:30pm	Somatic Flow	Imo	\$25
WEDNESDAY			
6 - 6:45am	Pranayama ~ Breathwork	Kim	\$15
8:30 - 10am	AERIAL Training	Kim/ Danielle	\$15
THURSDAY			
6 - 7:30pm	Adult Beginner AERIAL	Danielle	\$35
FRIDAY			
7 - 8am	Sunrise Movement & Meditation	Danielle	\$15
3:30 - 4:45pm	Junior AERIAL	Raven	\$35
4:45 - 6pm	Advanced AERIAL	Raven	\$35
SUNDAY			
7.30 - 8.30am	Remedial Yoga Therapy	Gosia	\$20

