

*To sign up for Term 1 please follow the link
1st Feb -29th March (9 week term)*



Monday 10:30 – 11:45am POSTNATAL WITH MEREDITH \$119 [Register Here](#)

Monday 12:15 – 1:30pm PRENATAL WITH MEREDITH \$119 [Register Here](#)

Monday 4 – 5pm 6 WEEK BLOCK YOUTH YOGA WITH BONITA \$90 [Register Here](#)

Monday 5:30 – 6:45pm FOUNDATION/DEEPENING WITH CATH \$119 [Register Here](#)

Monday 7:15 – 8:30pm FOUNDATION WITH CATH \$119 [Register Here](#)

Tuesday 9 – 10:15am FOUNDATION/DEEPENING WITH CLARE \$136 [Register Here](#)

Tuesday 10:30-11:45am FOUNDATION/DEEPENING WITH CLARE \$136 [Register Here](#)

Tuesday 12:15 – 1:15pm LUNCHTIME RESTORATIVE/YIN WITH CATH \$135 [Register Here](#)

Tuesday 5:30 – 6:30PM AERIAL FOUNDATION [Register Here](#)

Tuesday 7 – 8pm INNER EASE WITH DANI \$135 [Register Here](#)

Wednesday 6:30 – 8am DEEPENING/EXPANDING WITH JO \$171 [Register Here](#)

Wednesday 10:15 – 11:45am YOUNG@HEART WITH JEANETTE \$153 [Register Here](#)

Wednesday 12:15 – 1pm LUNCH TIME AERIAL WITH EMMA [Register Here](#)

Wednesday 5:30 – 6:45pm PRENATAL WITH MEREDITH \$153 [Register Here](#)

Wednesday 7:15 – 8:30pm DEEPENING WITH CATH \$153 [Register Here](#)

Thursday 12 – 1pm INNER EASE WITH DANI \$135 [Register Here](#)

Thursday 5:30 – 6:45pm DEEPENING WITH EMMA \$153 [Register Here](#)

Thursday 7:15 – 8:30pm FOUNDATION/DEEPENING WITH JO \$153 [WAIT LIST ONLY Register Here](#)

Friday 12 – 1pm LUNCH TIME WITH EMMA \$120 [Register Here](#)

Friday 2-3:30pm YOUNG@HEART WITH JEANETTE \$136 [Register Here](#)

Sunday Aerial [Register Here](#)