



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Morning Practice with Eva		7am Morning Practice with Hazel		7am Morning Practice with Eva	8.15am Slow Flow with Amber	8.15am Morning Practice with Sherlyn
	9.30am Power Flow with Sherlyn		9.30am Slow Flow with Sherlyn		9.30am Mat Pilates with Angelyn	9.30am Power Flow + with Sherlyn (75mins)
						4pm Yin Yoga with Sherlyn (75mins)
6.15pm Power Flow with Isobel	6.15pm Mat Pilates with Angelyn	6.15pm Slow Flow with Amber	6.15pm Power Flow with Jyn	6.15pm Slow + Yin with Sherlyn		
7.30pm Slow + Yin with Isobel	7.30pm Slow + Yin With Sherlyn	7.30pm Yin Yoga with Amber	7.30pm Yin Yoga with Jyn			

Subject to change, please always check our latest timetable on www.yogacave.com.au

Bookings essential. Class may be cancelled if there is no booking

All our classes are 60 minutes, unless otherwise noted

Doors will be locked at schedule start time. Please aim to arrive 5 to 10 minutes early

All classes **beginner friendly** except Power Flow