



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.15am Slow Flow with Sherlyn (45mins)		6.15am Slow Flow with Yuliya (45mins)		8.15am Slow Flow with Amber	8.15am 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 Tzvia	6.15pm Mat Pilates with Angelyn	6.15pm Slow Flow with Amber	6.15pm Power Flow with Sherlyn	6.15pm Yin + Meditation with Sinead		
7.30pm Slow + Yin With Tzvia	7.30pm Mat Pilates + Stretch with Angelyn	7.30pm Yin Yoga with Amber	7.30pm Yin Yoga with Sherlyn			

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