



The Timetable

Yoga Casual \$20 and Concession* 10 \$180
Meditation Casual \$15 and Concession* 10 \$135
 *available from 1st February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am VINYASA FLOW	6:30-7:30am VINYASA FLOW	6:00-7:00 am VINYASA FLOW	6:30-7:30am VINYASA FLOW	6:00-7:00am VINYASA FLOW	7:45-8:30am VINYASA EXPRESS	7:45-9:00am RESTORATIVE
9:30-10:30am VINYASA FLOW	IVY STUDIO LIFESTYLE PROGRAMMES AVAILABLE FOR HIRE	IVY STUDIO LIFESTYLE PROGRAMMES AVAILABLE FOR HIRE	9:30-10:30am VINYASA FLOW	9:30-10:30am RESTORATIVE	8:30-9:15am VINYASA EXPRESS	9:30-10:30am VINYASA FLOW
11-12:15pm RESTORATIVE			11-12:15pm RESTORATIVE	11-12:15pm VINYASA FLOW	9:30-10:30am IVY FUSION	12:00-1:00pm VINYASA FLOW
6:00-7:00pm RESTORATIVE	6:00-7:00pm IVY FUSION	6:00-7:00pm VINYASA FLOW	6:00-7:00pm IVY FUSION	5:15-6:30pm VINYASA FLOW	IVY STUDIO LIFESTYLE PROGRAMMES SEE TIMETABLE	IVY STUDIO LIFESTYLE PROGRAMMES SEE TIMETABLE
7:15-8:15pm VINYASA FLOW	7:15-8:15pm RESTORATIVE	7:30-8:30pm MEDITATION	7:15-8:15pm MEDITATION			5:30-7:15pm MEDITATION