



# The Timetable

**Yoga Casual** \$20 and Concession\* 10 \$180  
**Meditation Casual** \$15 and Concession\* 10 \$135  
 \*payment now available online

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**6:30-7:30am**  
VINYASA FLOW

**9:30-10:30am**  
VINYASA FLOW

**11-12:15pm**  
RESTORATIVE

**6:00-7:00pm**  
RESTORATIVE

**7:15-8:15pm**  
VINYASA FLOW

**6:30-7:30am**  
VINYASA FLOW

IVY STUDIO  
LIFESTYLE  
PROGRAMMES &  
STUDIO AVAILABLE  
FOR HIRE

**6:00-7:00pm**  
IVY FUSION  
BREATH CONTROL

**7:15-8:15pm**  
RESTORATIVE

**6:30-7:30 am**  
VINYASA FLOW

IVY STUDIO  
LIFESTYLE  
PROGRAMMES &  
STUDIO AVAILABLE  
FOR HIRE

**6:00-7:00pm**  
VINYASA FLOW

**7:30-9:00pm**  
MEDITATION

**6:30-7:30am**  
VINYASA FLOW

**9:30-10:30am**  
VINYASA FLOW

**11-12:15pm**  
RESTORATIVE

**6:00-7:00pm**  
IVY FUSION –  
HATHA FLOW

**7:15-8:15pm**  
RELAXATION

**6:30-7:30am**  
VINYASA FLOW

**9:30-10:30am**  
RESTORATIVE

**11-12:15pm**  
VINYASA FLOW

**5:30-6:30pm**  
VINYASA FLOW

**7:45-8:30am**  
VINYASA EXPRESS

**8:30-9:15am**  
VINYASA EXPRESS

**9:30-10:30am**  
IVY FUSION

IVY STUDIO  
LIFESTYLE  
PROGRAMMES SEE  
TIMETABLE

**9:30-10:30am**  
VINYASA FLOW

**12:00-1:00pm**  
VINYASA FLOW

IVY STUDIO  
LIFESTYLE  
PROGRAMMES SEE  
TIMETABLE

**5:30-6:30pm**  
RELAXATION

**6:30-7:30pm**  
SOUND JOURNEY  
MEDITATIONS