



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	6:30-7:30 am VINYASA FLOW	6:30-7:30am VINYASA FLOW	6:30-7:30am VINYASA FLOW	7:40-8:25am EXPRESS FLOW	9:30-10:30am VINYASA FLOW
9:30-10:30am VINYASA FLOW	IVY STUDIO LIFESTYLE PROGRAMMES & STUDIO AVAILABLE FOR HIRE	IVY STUDIO LIFESTYLE PROGRAMMES & STUDIO AVAILABLE FOR HIRE		9:30-10:30am YIN	8:30-9:15am EXPRESS FLOW	12:00-1:00pm VINYASA FLOW
11:00am-12:15pm RESTORATIVE			11:00am-12:00pm RESTORATIVE	11:00am-12:00pm VINYASA FLOW	9:30-10:30am IVY FUSION	IVY STUDIO LIFESTYLE PROGRAMMES SEE TIMETABLE
6:00-7:00pm RESTORATIVE	6:00-7:00pm IVY FUSION BREATH CONTROL	6:00-7:00pm VINYASA FLOW	6:00-7:00pm IVY FUSION – HATHA FLOW	12:15pm-1:00pm EXPRESS FLOW	IVY STUDIO LIFESTYLE PROGRAMMES SEE TIMETABLE	5:30-6:30pm RELAXATION
7:15-8:15pm VINYASA FLOW	7:15-8:15pm RESTORATIVE	7:15-8:15pm MEDITATION	7:15-8:15pm WING TSUN			6:30-7:30pm SOUND JOURNEY MEDITATIONS