

Class Schedule

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Morning Practice with Eva (Beginner friendly)		7am Morning Practice with Amber (Beginner friendly)		7am Morning Practice with Sherlyn (Beginner friendly)	8.15am Slow Flow with Amber (Beginner friendly)	8.15am Morning Practice with Isobel (Beginner friendly)
	9.30am Power Flow with Sherlyn			9.30am Slow Flow with Sherlyn (Beginner friendly)	9.30am Mat Pilates with Angelyn (Beginner friendly)	9.30am Power Flow with Isobel
						4pm Yin Yoga with Sherlyn (75mins)
6.15pm Power Flow with Isobel	6.15pm Mat Pilates with Angelyn (Beginner friendly)	6.15pm Slow Flow with Sherlyn (Beginner friendly)	6.15pm Power Flow with Liz	6.15pm Slow + Yin with Lucy (Beginner friendly)		
7.30pm Slow + Yin with Isobel (Beginner friendly)	7.30pm Yin + Release with Angelyn (Beginner friendly)	7.30pm Yin Yoga with Sherlyn (Beginner friendly)	7.30pm Yogalates with Liz (Beginner friendly)			

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

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

All our classes are 60 minutes, unless otherwise noted