

Peak Movement and Meditation Facilitators: ~Cheyenne ~Anthony ~Althea ~Queenie ~Gigi ~Coral ~Heather

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0630				Morning Flow *bookings required	Pilates *From Nov 2020		
0730						Sun Series	Sun Series
0915	Rejuvenating Vinyasa Flow	Sound Healing & Vinyasa Flow	Meditation & Breathwork	Hatha Yoga	Wind Down with Vinyasa Flow	Yin Yoga	
1030							Gentle Yoga
1100	Hips & Shoulders	Yoga for Spine Health	Yin Yoga	Vinyasa Flow	Studio room closed for events	Studio room closed for events	Studio room closed for events
1630	Movement Medicine						
1815	Mixed Styles Yoga	Pilates *From Nov 2020	Hatha Yoga	Pilates *From Nov 2020			
1945			Evryman Men's Circle				