

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:30 - 8:45 am GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute <a href="#">ENQUIRIES</a>	
9:30 - 10:45 am GENERAL YOGA CLASS Teacher: Ute Koehler <a href="#">ENQUIRIES</a>	9:30 - 10:45 am GENERAL YOGA CLASS Teacher: Ute Koehler <a href="#">ENQUIRIES</a>	9:30 am - 11:30 am PILATES CLASS				
	11:30 am - 12:30 pm GENERAL YOGA CLASS (Taught in Japanese) 日本語で教えられる Teacher: Kasumi Zenzaki <a href="#">ENQUIRIES</a>					
6:00 - 7:00 pm GENERAL YOGA CLASS (Taught in Japanese) 日本語で教えられる Teacher: Kasumi Zenzaki <a href="#">ENQUIRIES</a>	6:00 - 7:15 pm PHYSIOYOGA Teacher: A-J Peterson <a href="#">ENQUIRIES</a>		6:00 - 7:00 pm GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute <a href="#">ENQUIRIES</a>	<u>UNTIL MARCH 27</u> 6:00 - 7:00 pm <b>FREE</b> GENERAL CLASS Taught by a rotation of Trainee Teachers from The Yoga Institute <a href="#">ENQUIRIES</a>		

No Bookings Required. Click on [ENQUIRIES](#) above to contact the teacher by email