Cammeray Yoga
Just Breathe...

Class Timetable ~ Spring/Summer 2026

No Bookings Required.
Click on ENQUIRIES above to contact the teacher by email

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:30 - 8:45 am GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute ENQUIRIES	7:30 - 8:45 am GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute ENQUIRIES
9:30 - 10:45 am GENERAL YOGA CLASS Teacher: Ute Koehler ENQUIRIES		9:30 am - 11:30 am PILATES CLASS			9:00 - 10:00 am GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute ENQUIRIES REQUIRED	
	11:30 am - 12:30 pm GENERAL YOGA CLASS (Taught in Japanese) 日本語で教えられる Teacher: Kasumi Zenzaki ENQUIRIES					
6:00 - 7:00 pm GENERAL YOGA CLASS (Taught in Japanese) 日本語で教えられる Teacher: Kasumi Zenzaki ENQUIRIES	6:00 - 7:15 pm PHYSIOYOGA Teacher: A-J Peterson ENQUIRIES	6:00 - 7:00 pm GENERAL CLASS Teacher: Rachel Martin ENQUIRIES	6:00 - 7:00 pm PRE-NATAL CLASS Teacher: Medeleine Hoevels ENQUIRIES	6:30 - 7:30 pm GENERAL CLASS Taught by a rotation of Graduates from The Yoga Institute BOOKINGS REQUIRED		