

# Move Your Mind Timetable

Starts w/c 4 July 2022

Hybrid Session

## Monday

### Dynamic Flow Yoga

Britt 12:30 - 13:30

### Power Yoga

Britt 17:00 - 17:45

## Tuesday

### Pilates

Lauren 08:00 - 09:00

### Tai Chi

Egon 12:30 - 13:30

### Yoga

Adeleh 17:15 - 18:15

## Wednesday

### Pilates

Lauren 12:45 - 13:45

### Journaling

Emma 17:30 - 18:30

## Thursday

### Pilates

Lauren 17:30 - 18:30

## Friday

### Vinyasa Yoga

Gayle 08:15 - 09:15

### Restorative Yoga

Gayle 17:00 - 18:00

## Saturday

### Hatha Yoga

Olga 09:45 - 10:45

### Pilates

Cloud 11:00 - 12:00

### Legs, Bums & Tums

Health & Fitness Coach 12:30 - 13:15

## Sunday

### Mindful Yoga

Vanessa 10:00 - 11:00

### Restore & Flow Yoga

Britt 17:00 - 18:00