

[BALANCE COLLECTIVE]

YOGA

TIMETABLE

EFFECTIVE FROM MONDAY 16TH MAY 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Operating & Reception Hours	5.00AM – 10.00PM	5.00AM – 10.00PM	5.00AM – 10.00PM	5.00AM – 10.00PM	5.00AM – 9.00PM	7.00AM – 6.00PM	7.00AM – 6.00PM
Crèche Hours	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	9.00AM – 1.00PM	7.30AM – 12.00PM	CLOSED
5.05 – 6.00AM		Power Flow - Heat 32°		Core Fit - Heat 30°			
6.00 – 7.00AM	Detox - Heat 30°		Power Flow - Heat 32°		Yin Yoga - unheated		
6.15 – 7.15AM		Core Fit - unheated		Yoga Fit - unheated			
7.15 – 8.15AM	Slow Flow - unheated		Detox - Heat 30°		Core Fit - Heat 30°	Yoga Fit - Heat 32°	
8.30 – 9.30AM						Slow Flow - unheated	
9.00 – 10.00AM							Power Flow - Heat 32°
9.30 – 10.30AM	Power Flow - Heat 32°		Slow Flow - unheated		Yoga Fit - unheated		
10.00 – 11.00AM		Yoga Fit - unheated		Power Flow - Heat 32°			
10.15 – 11.15AM						Hatha Yoga - unheated	Core Fit - Heat 30°
12.10 – 12.50PM	Ashtanga - unheated		Core Fit - Heat 30°		Slow Flow - unheated		
4.00 – 5.00PM						Core Fit - Heat 30°	Hatha Yoga - unheated
4.30 – 5.30PM	Slow Flow - Heat 28°	Yin Yoga - unheated	Yoga Fit - unheated	Hatha Yoga - unheated	Power Flow - Heat 32°		
6.00 – 7.00PM	Core Fit - unheated	Power Flow - Heat 32°	Hatha Yoga - unheated	Yoga Fit - Heat 32°			
7.15 – 8.15PM	Hatha Yoga - unheated		Yin Yoga - unheated				

CLASS NAME	DESCRIPTION	COMPLEXITY	INTENSITY
Yin Yoga	Perfect for recovery and stretching this practice targets the connective tissues. This class is beginner friendly.	LOW	LOW
Core Fit	An in-depth focus on abdominal and core based exercise incorporated with lengthening and alignment movements of Yoga.	MODERATE	HIGH
Yoga Fit	Fun and challenging, focusing on the amazing strength and stability fitness aspects of Yoga.	HIGH	HIGH
Slow Flow	A gentle flow class ideal for beginners.	LOW	MODERATE
Ashtanga	A dynamic and challenging traditional Yoga.	MODERATE	HIGH
Hatha Yoga	Restorative and calming this class focuses on breath control and stretching.	MODERATE	MODERATE
Detox Yoga	Injects the added benefit of increased blood flow and stimulates the digestive organs.	MODERATE	MODERATE
Power Flow Yoga	Offers the combination of the detoxifying heat of hot yoga with the flowing movements and sequential poses of flow Yoga. Moderate experience is beneficial!	MODERATE	HIGH

KEY

myCITYLIFEYOGA



myMIND & BODY

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Please Note: Yoga classes with the flame icon within the timetable are heated.

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* All classes are subject to change.