

MULGRAVE YOGA STUDIO TIMETABLE

THIS IS A SAMPLE TIMETABLE: Due to the current Covid-19 restrictions current timetables are temporarily unavailable.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|------------------|------------------|---------------------|---------------------|------------------|---------------------|------------|
| 6:00am | Hot Vinyasa Yoga | | Yang & Yin Yoga | | | | |
| 7:00am | | Gentle Flow Yoga | | | | | |
| 7:30am | | | | | | Hot Pilates Circuit | |
| 8:45am | | | | | | Hot Vinyasa Yoga | |
| 9:30am | | Yoga Basics | | Hot Pilates Circuit | Gentle Flow Yoga | | |
| 10:00am | | | | | | Yang & Yin Yoga | |
| 12:30pm | Power Flow Yoga | Gentle Flow Yoga | Hot Vinyasa Yoga | Yang & Yin Yoga | Core Express | | |
| 4:15pm | | | | | | | Restore |
| 5:15pm | Gentle Flow Yoga | Yang & Yin Yoga | Hot Pilates Circuit | Gentle Flow Yoga | | | |
| 5:30pm | | | | | | | Meditation |
| 6:30pm | Power Flow Yoga | | | Yoga Basics | | | |
| 6:45pm | | Gentle Flow Yoga | Hot Vinyasa Yoga | | | | |
| 7:45pm | Yin & Meditation | | | Yin & Meditation | | | |



All classes are 50 minutes unless otherwise indicated. Printed timetables subject to change. Please check the Pinnacle Studio App for current classes.