

# UPWEY 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 Pilates Circuit	Yin & Meditation 60	Power Flow Yoga			
8:00am						Hot Vinyasa Yoga	
8:30am							Hot Pilates Circuit 45
9:15am						Hot Pilates Circuit 45	
9:30am	Hot Vinyasa Yoga		Gentle Flow Yoga	Gentle Flow Yoga	Yoga Basics		
10:15am						Yang & Yin 75	
10:40am	Yin & Meditation 60						
4:30pm							Restore
5:45pm			Hot Pilates Circuit	Gentle Flow Yoga			
6:00pm	Hot Vinyasa Yoga				Restore		
6:15pm		Hot Vinyasa Yoga					
7:00pm			Yang & Yin 75	Yin & Meditation 75			
7:15pm	Gentle Flow Yoga						
7:30pm		Yoga Basics					
8:30pm	Yoga Nidra Meditation 30						



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

BOOKINGS ESSENTIAL. BOOK VIA THE PINNACLE STUDIO APP

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