

2025 Weekly Class Schedule

MONDAY

10.00am– 11.30am Experienced-vinyasa flow; Christine Terry

1.00-2.30PM Beginners; Brigid Macalister

5.30pm – 7.00pm Experienced; Kat Hyde

7.15pm 7.15- 8.45pm Intermediate; Tabitha Gwynne

TUESDAY

9.00am – 10.30am Beginners; Mollie Sanford or Ellie Leamy on a 3 week roster

10.45am– 12.15pm Intermediate ; Mollie Sanford or Ellie Leamy on a 3 week roster

1.00pm – 2.30pm Beginners and restorative; Sue Furey

5.30pm – 7.00pm Beginner :Christine Terry

7.15pm – 8.30pm Intermediate vinyasa flow ; Christine Terry

WEDNESDAY

11.00 am – 12.30pm Mindful Movement; Synchronized breath and movement for deep relaxation; Brigid Macalister

1.00pm – 2.30pm Intermediate/Experienced ; Sue Furey

5:30pm – 7. 00pm Beginner & intermediate Iyengar; Duncan Catanach or Pic Roberstshawe

THURSDAY

9.15am – 10.45 am Beginners; Louise Thompson

12.00pm – 1.00pm Intermediate; Ellie Leamy

5.30pm – 7.00pm Intermediate ; Mollie Sandford

7.15pm – 8.45pm Beginners; Tabitha Gwynne

FRIDAY

9.15am – 10.45am Experienced; Sue Furey

5.30pm -6.45pm Restorative Yoga – Tabitha Gwynne – **The 2nd and 4th Friday of the month**

11.00am- 12.30pm – Friday Pink Yoga Classes : with Mollie; Lou, Jan or Sue (Yoga for women who have or have had cancer) These classes are gentle classes, focused on learning to breathe correctly while increasing flexibility, building strength and reducing anxiety. Classes are designed to give women another tool to manage some of the physical, mental and emotional side effects of the diagnosis and treatments they may be going through, in a safe and secure sanctuary.

SATURDAY

7.30am -9.00am – Experienced; Rostered teachers

9.15am – 10.45am Beginners; Rostered teachers