

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM - 60 MIN WONDERFLOW	6AM - 60 MIN WARRIOR	6AM - 50 MIN WONDERBARRE	6AM - 50 MIN WONDERSCULPT	6AM - 50 MIN WONDERBARRE	7.30AM - 60 MIN WARRIOR	8AM - 60 MIN CHILLEDFLOW
7AM - 50 MIN WONDERBARRE	7AM - 50 MIN WONDERBARRE	6AM - 60 MIN WONDERFLOW	7AM - 60 MIN WONDERFLOW	7AM - 60 MIN WARRIOR	8AM - 50 MIN WONDERBARRE	8.30AM - 50 MIN WONDERBARRE
9.30AM - 60 MIN CHILLEDFLOW	9.30AM - 60 MIN WONDER 101	7AM - 50 MIN WONDERSCULPT	9.30AM - 60 MIN WONDERFLOW	9.30AM - 50 MIN WONDERBARRE	9AM - 60 MIN WONDERFLOW	9.15AM - 60 MIN WONDERFLOW
10.30AM - 50 MIN WONDERBARRE	10.30AM - 60 MIN WONDERFLOW	9.30AM - 50 MIN WONDERBARRE	10.30AM - 50 MIN WONDERBARRE	10.30AM - 60 MIN WONDERFLOW	9.15AM - 75 MIN YIN + MEDITATION	10.30AM - 75 MIN YIN + MEDITATION
11.30AM - 30MIN MEDITATION	11.30PM - 30 MIN MEDITATION	10.30AM - 60 MIN WARRIOR	11.30AM - 30MIN MEDITATION		10.30AM - 60 MIN 101	
12.15PM - 45 MIN WONDERFLOW	12.15PM - 45 MIN YIN	12.15PM - 45 MIN WONDERFLOW	12.15PM - 45 MIN YIN	12.15PM - 45 MIN WONDERSCULPT		
	12.30PM - 45 MIN WONDERBARRE					
4.30PM - 50 MIN WONDERSCULPT	4.30PM - 60 MIN WONDERFLOW	4.30PM - 60 MIN WONDERFLOW II	4.30PM - 50 MIN WONDERSCULPT	4.30PM - 60 MIN YIN	4PM - 75 MIN WONDERFLOW II	4.30PM - 60 MIN WARRIOR
5.15PM - 50 MIN WONDERBARRE	5.15PM - 50 MIN WONDERSCULPT	5.15PM - 50 MIN WONDERBARRE	5.15PM - 60 MIN WONDERFLOW	5.15PM - 50 MIN WONDERBARRE		5PM - 50 MIN WONDERBARRE
6PM - 60 MIN WONDERFLOW	6PM - 60 MIN WARRIOR	6PM - 60 MIN WONDERFLOW	6PM - 60 MIN CHILLEDFLOW	6PM - 60 MIN WONDERFLOW		6.00PM - 75 MIN YIN + MEDITATION
6.30PM - 60 MIN WONDERFLOW II	6.30PM - 50 MIN WONDERBARRE	6.30PM - 60 MIN CHILLEDFLOW	6.30PM - 50 MIN WONDERBARRE			
7.30PM - 75 MIN YIN + MEDITATION	7.30PM - 75 MIN YIN + MEDITATION	7.30PM - 75 MIN YIN + MEDITATION	7.30PM - 75 MIN 101+			
			7.30PM - 75 MIN YIN + MEDITATION			

CLASS DESCRIPTIONS

WONDERFLOW

Marrying breath and movement opens not just your body but also your mind. Practiced at 32°C, WonderFlow allows you to discover the balance between strength and flexibility and improves your physical and mental wellbeing. Expect it to be sweaty, dynamic and intensely satisfying.

WONDERWARRIOR

Where we turn up the heat to build strength and develop focus. Slow and steady in pace and practiced at 35°C, WonderWarrior demands you learn to work with your breath not against it. We use the experience of heat to melt through the exterior layers of self to illuminate the wonder in all of us.

WONDERFLOW II

A strong moving flow that enables you to expand your practice and delve deeper into self-awareness, the different physical aspects of yoga and at the same time work towards gaining mastery of breath control. We'll balance, bend and go upside down. A regular yoga practice is recommended to participate.

WONDER101

Perfect for those who are new to yoga or for those who want to break down the practice to understand key foundation and alignment points. Practiced at 27°C the sequencing is designed to help build confidence in the yoga studio whilst taking you on a journey to calm and release.

MEDITATION

Using breath, visualisation and sensation to find calm and clarity, spend 30 minutes in blissful meditation. Each class may vary in style to arm you with a toolbox of techniques that support you in discovering true Wonder.

WONDER101+

Same foundations as our 101 class but with more time to explore, breathe and meditate.

WONDERBARRE

Designed to reshape and sculpt your body. Enjoy our gently heated room and class that fuses yoga, mat Pilates, ballet-inspired conditioning and interval training. WonderBarre takes it to the next level leaving you feeling agile, longer and leaner.

WONDERSCULPT

Explore the best parts of Yoga and Pilates. WonderSculpt is practiced at 32° using optional weights. You'll move through strengthening and calming yoga poses while building stability and core control through Pilates based movements. Expect to see change, feel alive and explore your power.

YIN

Create a balanced practice. Improve your body's range, mobility and unwind the mind. A must if you are a regular cyclist, runner, cross-fitter or athlete. Yin will challenge you in a different way to our more active classes as flexibility increases and energy flow improves.

CHILLEDFLOW

A moderately paced class practiced at room temperature and layered to offer alternatives regardless of where you are in your yoga journey. Explore the key components of yoga including movement, breath and stillness. ChilledFlow is supported by the joy of chosen beats that match the mood of the class.