



SUMMER YOGA SCHEDULE

TUESDAYS

Advanced Vinyasa | 6.00pm - 7.30pm

THURSDAYS

Slow Flow | 6.00pm - 7.00pm

FRIDAYS

Open Level Vinyasa | 12.30pm - 1.30pm

SUNDAYS

Open Level Vinyasa | 9.30am - 10.30am



Class is for all levels of practitioners, but please note that the Tuesday class is taught at an advanced level.

Must pre-book at least 24 hrs in advance with our Concierge. Complimentary for hotel guests.
We kindly ask that you give 12 hrs notice in the event of cancellation as these classes often have waitlists.

Private sessions available upon request. Please inquire with our Front Desk for more information.