

# Classes Timetable



A class for every body

DAY	CLASS	LEVEL	INSTRUCTOR	TIME		
MONDAY	VINYASA FLOW YOGA	All Levels	Ivan	7.15 - 8am		
	VINYASA FLOW YOGA	All Levels	Alicja	8 - 8.45am		
	VINYASA FLOW YOGA	All Levels	Alessandra	11 - 12.30pm		
	PILATES	All Levels	Ana	12.30 - 1.15pm		
TUESDAY	VINYASA FLOW YOGA	All Levels	Alessandra	12.45 - 1.30pm		
	DYNAMIC PILATES	All Levels	Ana	1.15 - 2pm		
	RESTORATIVE YOGA	All Levels	Nicole	1.30 - 2.15pm		
	VINYASA FLOW YOGA	All Levels	Tom	2 - 2.45pm		
WEDNESDAY	PILATES	All Levels	Clare	5.30 - 6.15pm		
	YOGA	Level 1-2	Alina	5.45 - 7pm		
	PILATES COURSE 6 week	Beginner	Clare	6.15 - 7.15pm		
	YOGA COURSE 6 week	Beginner	Alina	7.15 - 8.15pm		
THURSDAY	ASHTANGA YOGA MYSORE Self practice	All Levels	Youla	7 - 8am		
	VINYASA FLOW YOGA	All Levels	Youla	8 - 8.45am		
	PILATES 4 BACKS	All Levels	Anna B	12 - 12.45pm		
	PILATES	All Levels	Clare	12.30 - 1.15pm		
FRIDAY	VINYASA FLOW YOGA	All Levels	Androula	12.45 - 1.30pm		
	PREGNANCY YOGA	All Levels	Maisie	1.15 - 2pm		
	KUNDALINI YOGA EXPRESS	All Levels	Sivaroshan	1.30 - 2.15pm		
	PILATES	Level 1-2	Irek	2 - 2.45pm		
SATURDAY	YOGA HAND-STANDS	All Levels	Guillermo	2.15 - 3pm		
	SUNDAY	PILATES	All Levels	Anna B	6.15 - 7pm	
		MONDAY	VINYASA FLOW YOGA	All Levels	John	8 - 8.45am
			TUESDAY	YOGA	All Levels	Ranjit
WEDNESDAY				PREGNANCY YOGA	All Levels	Fleur
	THURSDAY			ASHTANGA YOGA	All Levels	Luiz
		FRIDAY		TAI CHI / CHI KUNG	All Levels	Belinda
			SATURDAY	YOGA FOR BETTER POSTURE	All Levels	Guillermo
SUNDAY				PILATES	All Levels	Ana
	MONDAY			VINYASA FLOW YOGA	All Levels	John
		TUESDAY		PILATES	All Levels	Anna B
			WEDNESDAY	VINYASA FLOW YOGA	All Levels	Alicja

## YOGA STYLES

**Vinyasa Flow Yoga.** The exact synchronization of breath and movement. Stretching muscle, opening the joints and concluding in deep relaxation

**Yoga for Better Posture.** Exercises with yoga that will reopen your posture. Essential for anyone who works in an office

**Ashtanga Mysore Self Practice Yoga.** One-to-one practice in a group setting following a set sequence, ideal for all levels.

**Restorative / Therapeutic** Props are used to support the body so that you can hold poses for longer, allowing you to open your body through passive stretching.

**Pregnancy Yoga.** A great way to prepare you for labour and the birth of your baby. Learn postures that won't strain your body, and you'll meet other mums-to-be, too.

**Kundalini Yoga** focuses on breath and movement and challenges the students both physically and mentally.

## PILATES

**Pilates** increases strength and mobility which leads to ease of movement. It improves circulation, which boosts overall health and well being.

**The Light Centre** hosts around 30 pilates mat classes a week ranging from beginner courses to more advanced classes.

## PILATES VARIATIONS

**Pilates for Backs** is designed to strengthen the back support muscles, by mobilising the spine and practicing and maintaining correct alignment.

**Dynamic Pilates** will tone and strengthen core areas using the stability roller and theraband. This is a fun class for experienced Pilates

clients without back pain and injury.

**Pregnancy Pilates** is designed around the changing limitations and requirements of a developing pregnancy to provide a safe and effective workout for women in their 2nd and 3rd trimester.