



## Class Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:15am Flow			8:15am Core Yoga
	12:15pm ** Slow Flow		12:15pm ** Flow		12:15pm ** Flow	10:00am * Fundamentals
4:00pm Slow Flow						
	5:45pm Mobility	5:45pm Slow Flow	5:45pm * Eclipse	5:45pm Flow	5:45 Yin	
	7:00pm * Beginners	7:00pm Restore		7:00pm Yin		

\* Asterisk denotes a 75 minute class.

\*\* 12:15pm classes are 45 minutes.

Have a suggestion for the schedule? Would you like to see more of a certain class? Let us know:  
[hello@risestudiocanberra.com.au](mailto:hello@risestudiocanberra.com.au)

### COMING SOON:

- Active Aging
- Fascia
- Kinetics
- Frontline Yoga