



Timetable

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:30am Flow
			12:15pm** YoMo			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 Pilates		7:00pm Pilates		

* denotes a 75 minute class. | ** denotes 45 minute class.

**We're doing our part to keep the community safe.
To help limit the spread we have reduced our timetable and
have implemented social distancing between mat spaces.**

***Please do not come to class if you are unwell.
Please sanitise your hands upon entry.***

To see our COVID-19 Safety Plan and get additional information on the timetable please visit:

www.risestudiocanberra.com.au

CLASS NUMBERS ARE LIMITED. PLEASE BOOK IN ADVANCE.



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