

# Mind Body Motion Wellness Centre

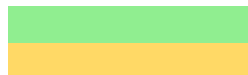
Class Timetable for the period:

Apr 2021 - Sep 2021

Timeslot	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00	Tai Chi Studio 2 Matthew		Meditation Studio 2 Henry	Yin Yoga Studio 2 Nia		Meditation Studio 2 Henry	
07:30 - 08:30	Vinyasa Flow Studio 1 Emelia	Prenatal Yoga Studio 1 Alicia	Hatha Yoga Studio 1 Emelia		Hatha Yoga Studio 1 Nia	Pilates Studio 1 Eva	Vinyasa Flow Studio 1 Ruth
08:00 - 09:00		Meditation Studio 2 Lena	Restorative Yoga Studio 2 Reva		Restorative Yoga Studio 2 Ruth		Yin Yoga Studio 2 Melissa
12:00 - 13:00	Ashtanga Yoga Studio 1 Melissa	Hatha Yoga Studio 1 Reva	Pilates Studio 1 Eva	Ashtanga Yoga Studio 1 Louis	Prenatal Yoga Studio 1 Eva	Yoga Basics Studio 1 Nia	Hatha Yoga Studio 1 Emelia
12:30 - 13:30		Yin Yoga Studio 2 Henry		Meditation Studio 2 Emelia		Restorative Yoga Studio 2 Ruth	Tai Chi Studio 2 Matthew
18:00 - 19:00	Yoga Basics Studio 1 Eva	Ashtanga Yoga Studio 1 Louis	Vinyasa Flow Studio 1 Reva	Yoga Basics Studio 1 Nia			
18:30 - 19:30	Yin Yoga Studio 2 Alicia			Tai Chi Studio 2 Matthew			Meditation Studio 2 Lena

**Colour Legend** [See Other Classes for details](#)

Beginner classes  
Slow-paced classes



Fast-paced classes  
Other classes

