



Inhale. Pause. Exhale.



HOME



ABOUT US



CLASSES



TEACHER TRAINING



BUY MEMBERSHIP



EVENTS

Wellington City
LEVEL 2, 139 FEATHERSTON ST
& 250 WAKEFIELD ST

Lower Hutt
21-23 ANDREWS AVE

Monday Yoga

Wakefield Studio

- 6:30am **Hot Express** 60min (Maria)
- 9:30am **PV** 75min (Jemma)
- 12:00pm **Hot Express** 60min (Maria)
- 4:30pm **Yin Hour** 60min (AnnieF)
- 6:00pm **Hot Yoga** 75min (Ardya)

Featherston Studio

- 12:00pm **Yin-Yang** 45 min 45min (Julia)
- 1:00pm **Hot Express Featherston** 60min (Ria)
- 5:00pm **PV Hour** 60min (Ellen)
- 6:30pm **Yin Hour** 60min (Lu)

Lower Hutt Studio

- 4:30pm **Hot Express** 60min (Angela)
- 6:00pm **PV** 60min (Michelle)
- 7:15pm **Yin Hour** 60min (Michelle)

What's on:

Hands-On Assists ~ Advanced Teacher Training with Amy Ippoliti
4 October - 7 October
@ Hot Yoga Wellington, Level 2, 139 Feathers Street, Wellington, New Zealand
[Find out more...](#)

40 Day Challenge
9 October - 17 November
@ All Studios
[Find out more...](#)

Qi Vinyasa: A Journey to Self-Healing (Wakefield)
21 October, 1:30pm - 3:30pm
@ Wakefield St. Studio
[Find out more...](#)



New to Hot Yoga? Try 2 weeks unlimited at:

[Wellington](#) or [Lower Hutt](#)