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About us

We are a zen space that helps your mental and body health.

Join us

Two sisters venture to create a beautiful, spacious fun loving community space for Students to Grow though Yoga.
Griffith Fitness Center comprises of 3 Bespoke studios!
Our philosophy is simple – To teach yoga, to help you become open in both body & mind, to help you see your strengths, to help you find your inner spark, to help you become flexible in your life – both your body & mind, to give back, to believe in yourself, to open to possibilities and let yourself dance, to share our passion, love and knowledge of our practice and to show you that you can provide yourself a safe, supportive and comfortable community to do it with!
We strive to provide daily varieties to include all body forms the spectrum of young to older, mobile to less mobile, pre & post natal - Yoga & Pilates for EveryBody.

Come take time for you, for your body and mind... Come grow with us, on your mat... to be curious, to open to, to discover, to feel, to explore, to release, to increase strength, and most of all to believe in your own wonderful potential...

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Find us

Any questions?

See our FAQ

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