



TRIBALANCE YOGA + PILATES SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
	6:00am YOGA <i>Basics</i> <i>(Livestream)</i>		6:00am YOGA <i>Basics</i> <i>(Livestream)</i>	9:30am YOGA <i>Basics</i> <i>(Livestream)</i>	7:30am YOGA <i>Align & Flow</i> <i>(Livestream)</i>	8:00am YOGA <i>Align & Flow</i> <i>(Livestream)</i>
		5:00pm YOGA <i>Basics</i> <i>(Livestream)</i>		5:00pm YOGA <i>Deep Stretch</i> <i>(Livestream)</i>	4:00pm YOGA <i>Align & Flow</i> <i>(Livestream)</i>	4:00pm YOGA <i>Restorative</i> <i>(Livestream)</i>
6:15pm YOGA <i>Align & Flow</i> <i>(Livestream)</i>	6:15pm PILATES <i>Basics</i> <i>(Livestream)</i>		6:15pm YOGA <i>Basics</i> <i>(Livestream)</i>			

Schedule subject to change without notice,
 please visit tribalance.com.au or the *MindBody* app for most current schedule.