



TRIBALANCE YOGA + PILATES SCHEDULE



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

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