



# TRIBALANCE YOGA + PILATES SCHEDULE



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

Schedule subject to change without notice,  
please visit [tribalance.com.au](http://tribalance.com.au) or the *MindBody* app for most current schedule.