



In-studio & Online Timetable

February 2021 onwards

Check online timetable for updates & current workshops / events

Monday

5.00am Intermediate Ref Express - AG
 5.35am Reformer Express - AG
 6.10am Mat Pilates Express - AC*
 6.10am Beginner Ref Express - AG

9:30am Gentle Flow Yoga - MW

4.00pm Beginner Ref Express - SE
 4.35pm Reformer Express - SE
 5.10pm Mat Pilates - SE*
 6.00pm Reformer Express - SE
 6.45pm Strong Yoga - CG

Tuesday

5.30am Rise & Shine Yoga - MS*

9.30am Reformer Express - AC
 10.15am Mat Pilates - AC*
 11.15am Beginner Ref Express - AC~

4.30pm Reformer Express - AG
 5:05pm Reformer Express - AG
 5.40pm Beginner Ref Express - AG
 6.15pm Barre Express - AG*
 7.00pm Yin Yoga - MW*

Wednesday

5.00am Intermediate Ref Express - AC
 5.35am Reformer Express - AC
 6.10am Mat/Barre combo - AC*

9.30am Reformer Express - AG
 10.15am Pilates Mat - AG
 4.15pm Reformer Express - SE
 4.50pm Reformer Express - SE
 5.30pm HIIT Pilates - SE*
 6.20pm - Reformer Express - SE
 7.00pm Gentle Yoga - MW*

Thursday

5.30am Rise & Shine Yoga - MS*

9:00am Yin Yoga - MW
 10.15am Barre - MH~

4.30pm Reformer Express - SE
 5.05pm Reformer Express - SE
 5.45pm Mat Pilates - SE
 6:40pm Reformer Express - SE
 7.20pm Strong Yoga - CG*

Friday

5.30am Reformer Jumpboard - AG
 6:10am Reformer Express- AG

9:30am Gentle Flow Yoga - JS
 10.45am Reformer Express - AG~
 10.45am Beginner Mat Express - AC~

5.30pm Stretch & Flow Mat - JY

Saturday

6.00am Reformer Express - SE
 6.35am Reformer Express - SE
 7.10am Mat Pilates- SE*
 8.00am Reformer Express - SE
 8.40am Reformer Express - SE
 9.30am VinYin Yoga - JY

Sunday

4pm Restorative Yoga - MW*

*** Class will be simultaneously Live Streamed | ~Class is child friendly**

AG - Anna Grant | AC - Andrea Creighton | SE - Subita Ellis | MW - Mari-Anne Wells |
 JY - Jennie Young | JS - Jennifer Sen | MS - Marilyn Simon | MH - Melinda Heron | CG - Cavelle Griffiths
 Yoga/Stretch - 60 mins | In-studio & LIVE Mat-Barre - 45 mins | Express - 30 mins

0468 446 444 / hello@innaessence.com