

**STUDIO PAYMENT OPTIONS:**

R130 DROP-IN

**CLASS PASSES:**

R550 FIVE CLASS PASS

R900 TEN CLASS PASS

CLASS PASSES ARE VALID FOR 2 MONTHS FROM PURCHASE DATE

**MONTHLY RATES:**

R400p/m for 1 x class per week

R640p/m for 2 x classes per week

MONTHLY RATES RUN FROM THE BEGINNING OF THE MONTH UNTIL THE END OF THE MONTH

UNLIMITED MONTHLY CLASS PACKAGE IS AVAILABLE ON REQUEST



**APRIL 2026**

**PLEASE NOTE:**

- Teachers could change throughout the month
- Classes marked with ^ have **separate fees**
- Classes marked with \* are **booking essential**

**For bookings or more info contact:**

**Cassandra - 064 875 2414**

*Studio address: 123 Wekker Road, Moreleta Park, Pretoria*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>07:15 - 08:15   Calm Hatha</b> Suzette</p> <p><b>17:00 - 18:00   Unwind™ Yourself^</b> Tracy: 083 693 0824*</p> <p><b>18:15 - 19:15   Slow Vinyasa</b> Bryony</p>	<p><b>07:15 - 08:15   Vinyasa</b> Olivia</p> <p><b>08:30 - 09:30   Yin Yoga</b> Cassandra</p> <p><b>17:30 - 18:30   Pilates</b> Esté</p> <p><b>18:30 - 19:30   Line Dancing^</b> Dezi: 083 652 5219*</p>	GOOD FRIDAY	<p><b>07:30 - 09:00   Kundalini Yoga^</b> Dalene: 076 403 4827*</p>
EASTER SUNDAY	FAMILY DAY	<p><b>07:15 - 08:15   Strength Hatha</b> Erin</p> <p><b>16:30 - 17:30   Prenatal Yoga^</b> Cassandra: 064 875 2414*</p> <p><b>18:00 - 19:00   Yin Yoga</b> Cassandra</p>	<p><b>07:15 - 08:15   Calm Hatha</b> Suzette</p> <p><b>17:00 - 18:00   Unwind™ Yourself^</b> Tracy: 083 693 0824*</p> <p><b>18:15 - 19:15   Slow Vinyasa</b> Bryony</p>	<p><b>07:15 - 08:15   Vinyasa</b> Olivia</p> <p><b>08:30 - 09:30   Yin Yoga</b> Cassandra</p> <p><b>17:30 - 18:30   Pilates</b> Esté</p> <p><b>18:30 - 19:30   Line Dancing^</b> Dezi: 083 652 5219*</p>	<p><b>08:30 - 09:30   Calm Hatha</b> Suzette</p>	<p><b>07:30 - 09:00   Kundalini Yoga^</b> Dalene: 076 403 4827*</p> <p><b>10:00 - 12:00   "Hey, You're Worth It!" Wellness Workshop^</b> Cornél: 074 258 7897*</p> <p>Louise: 084 629 1082*</p>
	<p><b>06:30 - 07:30   Slow Vinyasa</b> Chloé*</p> <p><b>8:30 - 9:30   Calm Hatha</b> Suzette</p> <p><b>18:00 - 19:00   Calm Hatha</b> Alexia</p>	<p><b>07:15 - 08:15   Strength Hatha</b> Erin</p> <p><b>18:15 - 19:15   Yin Yoga</b> Chloé</p>	<p><b>07:15 - 08:15   Calm Hatha</b> Suzette</p> <p><b>17:00 - 18:00   Unwind™ Yourself^</b> Tracy: 083 693 0824*</p> <p><b>18:15 - 19:15   Slow Vinyasa</b> Bryony</p>	<p><b>07:15 - 08:15   Vinyasa</b> Olivia</p> <p><b>08:30 - 09:30   Yin Yoga</b> Chloé</p> <p><b>17:30 - 18:30   Pilates</b> Esté</p> <p><b>18:30 - 19:30   Line Dancing^</b> Dezi: 083 652 5219*</p>	<p><b>08:30 - 09:30   Calm Hatha</b> Andrea</p> <p><b>10:00 - 11:00   Restorative Yoga</b> Andrea: 072 638 1883*</p>	<p><b>07:30 - 09:00   Kundalini Yoga^</b> Dalene: 076 403 4827*</p> <p><b>REIKI LEVEL 1 COURSE^</b> Natasja: 063 157 9156*</p>
REIKI LEVEL 1 COURSE^	<p><b>06:30 - 07:30   Slow Vinyasa</b> Chloé*</p> <p><b>08:30 - 09:30   Calm Hatha</b> Alexia</p> <p><b>18:00 - 19:00   Calm Hatha</b> Cassandra</p>	<p><b>07:15 - 08:15   Strength Hatha</b> Erin</p> <p><b>16:30 - 17:30   Prenatal Yoga^</b> Cassandra: 064 875 2414*</p> <p><b>18:00 - 19:00   Yin Yoga</b> Cassandra</p>	<p><b>07:15 - 08:15   Calm Hatha</b> Suzette</p> <p><b>17:00 - 18:00   Unwind™ Yourself^</b> Tracy: 083 693 0824*</p> <p><b>18:15 - 19:15   Slow Vinyasa</b> Bryony</p>	<p><b>07:15 - 08:15   Vinyasa</b> Olivia</p> <p><b>08:30 - 09:30   Yin Yoga</b> Cassandra</p> <p><b>17:30 - 18:30   Pilates</b> Esté</p> <p><b>18:30 - 19:30   Line Dancing^</b> Dezi: 083 652 5219*</p>	<p><b>08:30 - 09:30   Calm Hatha</b> Andrea</p> <p><b>10:00 - 11:00   Restorative Yoga</b> Andrea: 072 638 1883*</p>	<p><b>07:30 - 09:00   Kundalini Yoga^</b> Dalene: 076 403 4827*</p> <p><b>200-HOUR YOGA TEACHER TRAINING^</b> Cassandra: 064 875 2414*</p>
10:30 - 12:00   Movement, Stillness & Sound	FREEDOM DAY	<p><b>07:15 - 08:15   Strength Hatha</b> Erin</p> <p><b>16:30 - 17:30   Prenatal Yoga^</b> Cassandra: 064 875 2414*</p> <p><b>18:00 - 19:00   Pop-up Yin Yoga</b> <b>Theme: Still Waters   Sandrika</b></p>	<p><b>07:15 - 08:15   Calm Hatha</b> Suzette</p> <p><b>17:00 - 18:00   Unwind™ Yourself^</b> Tracy: 083 693 0824*</p> <p><b>18:15 - 19:15   Slow Vinyasa</b> Bryony</p>	<p><b>07:15 - 08:15   Vinyasa</b> Olivia</p> <p><b>08:30 - 09:30   Yin Yoga</b> Cassandra</p> <p><b>17:30 - 18:30   Pilates</b> Esté</p> <p><b>18:30 - 19:30   Line Dancing^</b> Dezi: 083 652 5219*</p>		