

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



JUNE 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
	6:30 - 7:30 Slow Vinyasa Chloé* 08:30 - 09:30 Calm Hatha Cassandra 18:00 - 19:00 Calm Hatha Alexia	07:15 - 08:15 Strength Hatha Erin 16:30 - 17:30 Prenatal Yoga^ Cassandra: 064 875 2414* 18:00 - 19:00 Yin Yoga Cassandra	07:30 - 08:30 Calm Hatha Suzette 18:15 - 19:15 Slow Vinyasa Bryony	07:15 - 08:15 Vinyasa Olivia 08:30 - 09:30 Yin Yoga Cassandra 16:00 - 17:00 Strength Hatha Erin 17:30 - 18:30 Pilates Esté 18:30 - 19:30 Line Dancing^ Dezi: 083 652 5219*	08:30 - 09:30 Calm Hatha Andrea 10:00 - 11:00 Restorative Yoga Andrea: 072 638 1883*	07:30 - 09:00 Kundalini Yoga^ Dalene: 076 403 4827*
9:30 - 10:30 Yoga Nidra & Tibetan Singing Bowls Cassandra*	6:30 - 7:30 Slow Vinyasa Chloé* 08:30 - 09:30 Calm Hatha Cassandra 18:00 - 19:00 Calm Hatha Alexia	07:15 - 08:15 Strength Hatha Erin 16:30 - 17:30 Prenatal Yoga^ Cassandra: 064 875 2414* 18:00 - 19:00 Yin Yoga Cassandra	07:30 - 08:30 Pop-up Calm Hatha: Wear Your Pyjamas to Class Suzette 18:15 - 19:15 Slow Vinyasa Bryony	07:15 - 08:15 Vinyasa Olivia 08:30 - 09:30 Yin Yoga Cassandra 16:00 - 17:00 Strength Hatha Erin 17:30 - 18:30 Pilates Esté 18:30 - 19:30 Line Dancing^ Dezi: 083 652 5219*	08:30 - 09:30 Calm Hatha Andrea 10:00 - 11:00 Restorative Yoga Andrea: 072 638 1883*	07:30 - 09:00 Kundalini Yoga^ Dalene: 076 403 4827*
9:00 - 12:00 Grounding and Nervous System Care^ Lerato*	06:30 - 07:30 Slow Vinyasa Chloé* 8:30 - 9:30 Calm Hatha Cassandra 18:00 - 19:00 Calm Hatha Cassandra	YOUTH DAY	07:30 - 08:30 Calm Hatha Suzette 18:15 - 19:15 Slow Vinyasa Bryony	07:15 - 08:15 Vinyasa Olivia 08:30 - 09:30 Yin Yoga & Tibetan Singing Bowls Cassandra Erin 16:00 - 17:00 Strength Hatha Erin 17:30 - 18:30 Pilates Esté 18:30 - 19:30 Line Dancing^ Dezi: 083 652 5219*	08:30 - 09:30 Calm Hatha Andrea 10:00 - 11:00 Restorative Yoga Andrea: 072 638 1883*	07:30 - 09:00 Kundalini Yoga^ Dalene: 076 403 4827*
Flow to Stillness International Day of Yoga & Winter Solstice Celebration R130 per class or R300 for 3 (or part of studio fees) 9:00 - 9:45 Slow Vinyasa Bryony 10:00 - 10:45 Restorative Yoga Andrea 11:00 - 11:45 Sound Healing Cassandra	06:30 - 07:30 Slow Vinyasa Chloé* 08:30 - 09:30 Calm Hatha Cassandra 18:00 - 19:00 Calm Hatha Alexia	07:15 - 08:15 Strength Hatha Erin 16:30 - 17:30 Prenatal Yoga^ Cassandra: 064 875 2414* 18:00 - 19:00 Yin Yoga Cassandra	07:30 - 08:30 Calm Hatha Suzette 18:15 - 19:15 Slow Vinyasa Bryony	07:15 - 08:15 Vinyasa Olivia 08:30 - 09:30 Yin Yoga Cassandra 16:00 - 17:00 Strength Hatha Erin 17:30 - 18:30 Pilates Esté 18:30 - 19:30 Line Dancing^ Dezi: 083 652 5219*	08:30 - 09:30 Calm Hatha Andrea	07:30 - 09:00 Kundalini Yoga^ Dalene: 076 403 4827* 09:30 - 10:30 Nia Dance, Moving to Heal Una*
9:00 - 10:30 Class of Calm: Calm Hatha ending with Sound Healing using Crystal Singing Bowls Cassandra*	06:30 - 07:30 Slow Vinyasa Chloé* 08:30 - 09:30 Calm Hatha Alexia 18:00 - 19:00 Calm Hatha Cassandra	07:15 - 08:15 Strength Hatha Erin 16:30 - 17:30 Prenatal Yoga^ Cassandra: 064 875 2414* 18:00 - 19:00 Yin Yoga Cassandra				