

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



JULY 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
			07:30 - 08:30 Calm Hatha <i>Suzette</i>	07:15 - 08:15 Vinyasa <i>Bryony</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 16:00 - 17:00 Strength Hatha <i>Erin</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i>	08:30 - 09:30 Calm Hatha <i>Suzette</i>	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i>
	6:30 - 7:30 Slow Vinyasa <i>Chloé*</i> 08:30 - 09:30 Calm Hatha <i>Alexia</i>	07:15 - 08:15 Strength Hatha <i>Suzette</i>	07:30 - 08:30 Calm Hatha <i>Suzette</i>	07:15 - 08:15 Vinyasa <i>Bryony</i> 08:30 - 09:30 Yin Yoga <i>Alexia</i> 16:00 - 17:00 Strength Hatha <i>Erin</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i>	08:30 - 09:30 Calm Hatha <i>Suzette</i>	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> 9:30 - 10:45 Pop-Up Vinyasa Flow Theme: Manipura Chakra^ <i>Sandrika*</i> 11:30 - 14:00 Returning to the Body Series^ <i>Lerato*</i>
	18:00 - 19:00 Calm Hatha <i>Bianca</i>	18:00 - 19:00 Pop-Up Yin Yoga Theme: Rooted <i>Sandrika</i> 19:15 - 20:15 Sleep Well Yoga (online or in studio) <i>Alexia*</i>	18:15 - 19:15 Slow Vinyasa <i>Bryony</i>			
11:00 - 12:00 Yoga Nidra & Tibetan Singing Bowls <i>Cassandra*</i>	06:30 - 07:30 Slow Vinyasa <i>Chloé*</i> 8:30 - 9:30 Calm Hatha <i>Cassandra</i>	07:15 - 08:15 Strength Hatha <i>Erin</i>	07:30 - 08:30 Pop-up Calm Hatha: Wear Your Pyjamas to Class <i>Suzette</i>	07:15 - 08:15 Vinyasa <i>Bryony</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 16:00 - 17:00 Strength Hatha <i>Erin</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i>	08:30 - 09:30 Calm Hatha <i>Andrea</i>	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i>
	18:00 - 19:00 Calm Hatha <i>Alexia</i>	18:00 - 19:00 Yin Yoga & Crystal Singing Bowls <i>Cassandra</i>	18:15 - 19:15 Slow Vinyasa <i>Bryony</i>			
11:00 - 12:00 Nia Moving to Heal <i>Una: 083 654 6136*</i>	06:30 - 07:30 Slow Vinyasa <i>Chloé*</i> 08:30 - 09:30 Calm Hatha <i>Alexia</i>	07:15 - 08:15 Strength Hatha <i>Suzette</i>	07:30 - 08:30 Calm Hatha <i>Suzette</i>	07:15 - 08:15 Vinyasa <i>Olivia</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 16:00 - 17:00 Strength Hatha <i>Erin</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i>	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i>	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i>
	18:00 - 19:00 Calm Hatha <i>Alexia</i>	18:00 - 19:00 Yin Yoga <i>Cassandra</i> 19:15 - 20:15 Sleep Well Yoga (online or in studio) <i>Alexia*</i>	18:15 - 19:15 Slow Vinyasa <i>Bryony</i>			REIKI LEVEL 2 NATASJA^*
9:00 - 12:00 Journey to Joy^ <i>Cassandra & Natasja*</i>	06:30 - 07:30 Slow Vinyasa <i>Chloé*</i> 08:30 - 09:30 Calm Hatha <i>Cassandra</i>	07:15 - 08:15 Strength Hatha <i>Erin</i>	07:30 - 08:30 Calm Hatha <i>Suzette</i>	07:15 - 08:15 Vinyasa <i>Olivia</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 16:00 - 17:00 Strength Hatha <i>Erin</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i>	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i>	
	18:00 - 19:00 Calm Hatha <i>Cassandra</i>	18:00 - 19:00 Yin Yoga <i>Cassandra</i>	18:15 - 19:15 Slow Vinyasa <i>Bryony</i>			