

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

YogaSteps

OCTOBER 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
				07:15 - 08:15 Vinyasa <i>Erin</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i> 1	08:30 - 09:30 Calm Hatha <i>Andrea (fill in: Deborah)</i> 17:30 - 18:30 Prenatal Yoga Series^ (class 4 of 6) <i>Deborah*</i> 2	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> 3
	07:15 - 08:15 Strength Hatha <i>Cassandra (fill in: Mariette)</i> 08:30 - 09:30 Calm Hatha <i>Cassandra (fill in: Suzette)</i> 18:00 - 19:00 Calm Hatha <i>Cassandra (fill in: Alexia)</i> 4		07:15 - 08:15 Calm Hatha <i>Cassandra (fill in: Bianca)</i> 08:30 - 09:30 Nia Dance, Moving to Heal <i>Una: 083 654 6136*</i> 18:15 - 19:15 Sun Salutations Class <i>Cassandra (fill in: Shakira)</i> 6	07:15 - 08:15 Vinyasa <i>Erin</i> 08:30 - 09:30 Yin Yoga <i>Cassandra (fill in: Deborah)</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i> 8	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i> 17:30 - 18:30 Prenatal Yoga Series^ (class 5 of 6) <i>Deborah*</i> 9	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> REIKI LEVEL 1 NATASJA^* 10
	07:15 - 08:15 Strength Hatha <i>Cassandra (fill in: Mariette)</i> 08:30 - 09:30 Calm Hatha <i>Cassandra (fill in: Bianca)</i> 18:00 - 19:00 Calm Hatha <i>Cassandra (fill in: Bianca)</i> 11		07:15 - 08:15 Calm Hatha <i>Cassandra (fill in: Erin)</i> 08:30 - 09:30 Nia Dance, Moving to Heal <i>Una: 083 654 6136*</i> 18:15 - 19:15 Sun Salutations Class <i>Cassandra (fill in: Shakira)</i> 14	07:15 - 08:15 Vinyasa <i>Erin</i> 08:30 - 09:30 Yin Yoga <i>Cassandra (fill in: Deborah)</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i> 15	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i> 17:30 - 18:30 Prenatal Yoga Series^ (class 6 of 6) <i>Cassandra*</i> 16	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> 10:00 - 12:30 Returning to the Body Series <i>Lerato^*</i> 17
09:00 - 10:00 Pop-up Vinyasa Flow <i>Shakira*</i> 18	07:15 - 08:15 Strength Hatha <i>Cassandra</i> 08:30 - 09:30 Calm Hatha <i>Cassandra</i> 18:00 - 19:00 Calm Hatha <i>Cassandra</i> 19		07:15 - 08:15 Calm Hatha <i>Cassandra</i> 08:30 - 09:30 Nia Dance, Moving to Heal <i>Una: 083 654 6136*</i> 18:15 - 19:15 Sun Salutations Class <i>Cassandra</i> 21	07:15 - 08:15 Vinyasa <i>Erin</i> 08:30 - 09:30 Yin Yoga <i>Cassandra</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i> 22	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i> RETREAT AT EMOYENI LELANI & CASSANDRA^* 23	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> 09:30 - 10:30 Nia Dance, Moving to Heal <i>Una: 083 654 6136*</i> RETREAT AT EMOYENI LELANI & CASSANDRA^* 24
09:30 - 10:45 Yoga Qi (<i>Yoga & Qigong</i>)^ <i>Conrad: 072 284 5000*</i> RETREAT AT EMOYENI LELANI & CASSANDRA^* 25	07:15 - 08:15 Strength Hatha <i>Cassandra (fill in: Mariette)</i> 08:30 - 09:30 Calm Hatha <i>Cassandra (fill in: Andrea)</i> 18:00 - 19:00 Calm Hatha <i>Cassandra</i> 26		07:15 - 08:15 Calm Hatha <i>Cassandra</i> 08:30 - 09:30 Nia Dance, Moving to Heal <i>Una: 083 654 6136*</i> 18:15 - 19:15 Sun Salutations Class <i>Cassandra</i> 28	07:15 - 08:15 Vinyasa <i>Erin</i> 08:30 - 09:30 Yin Yoga & Tibetan Singing Bowls <i>Cassandra</i> 17:30 - 18:30 Pilates <i>Esté</i> 18:30 - 19:30 Line Dancing^ <i>Dezi: 083 652 5219*</i> 29	08:30 - 09:30 Calm Hatha <i>Andrea</i> 10:00 - 11:00 Restorative Yoga <i>Andrea: 072 638 1883*</i> 30	07:30 - 09:00 Kundalini Yoga^ <i>Dalene: 076 403 4827*</i> 31