

Winter Class Schedule

Bliss Yoga

A place to Flow, Breathe & Grow



20 25

MONDAY

Hot 26&2

6.00 am
Lindsay Correia

Core

8.30 am
Ariel Grace

Flow

9.30 am
Chantelle Cooper

Hot 26&2

10.30 am
Lindsay Correia

Prenatal Pilates

12.15 pm
Ariel Grace

Flow

5.45 pm
Chantelle Cooper

Hot 26&2

5.45 pm
Dana McKinlay

Power

7.00 pm
Polly Serpell

Yin

7.00 pm
Illiana Bonilla

TUESDAY

Ashtanga Half Primary

6.00 am
Itay Lewinski

Flow Seafire

8.30 am
Ariel Grace

Core

9.30 am
Illiana Bonilla

Hot 26&2

12.00 pm
Illiana Bonilla

SUP: Stand Up Paddle Board

PRE-REGISTER

5.15 pm
Kristen Cousins

Core

5.30 pm
Illiana Bonilla

Yin

5.30 pm
Chantelle Cooper

Flow+Nidra

7.00 pm
Samara Persaud

Hot Fusion

7.00 pm
Dana McKinley

WEDNESDAY

Power

6.00 am
Chantelle Cooper

Flow Indigo

PRE-REGISTER

8.00 am
Ariel Grace

Flow Seafire

8.30 am
Illiana Bonilla

Hot 26&2

10.30 am
Nadine Tonnis

Core

12.00 pm
Kristen Cousins

Hot 26&2

5.45 pm
Illiana Bonilla

Power

5.45 pm
Linsey Gammel

Flow+ Sound Bath

7.00 pm
Polly Serpell

THURSDAY

Flow Seafire

8.30 am
Ariel Grace

Core

9.30 am
Illiana Bonilla

Hot 26&2

12.00 pm
Nadine Tonnis

Flow Seafire

5.15 pm
Linsey Gammel

Ashtanga Half Primary

5.30 pm
Itay Lewinski

Hot 26&2

5.30 pm
Nadine Tonnis

Yin

7.00 pm
Stacey Serby

FRIDAY

Hot 26&2

6.00 am
Lindsay Correia

Power

8.30 am
Chantelle Cooper

Flow

9.30 am
Chantelle Cooper

Hot 26&2

10.30 am
Lindsay Correia

Core

12.00 pm
Lindsay Correia

Flow Seafire

5.15 pm
Samara Persaud

Hot 26&2

5.45 pm
Dana McKinlay

Unlocking Your Flexibility

HAMSTRINGS

7.00 pm
Dana McKinlay

SATURDAY

Hot 26&2

8.00 am
Lindsay Correia

Flow Seafire

8.30 am
Chantelle Cooper

Flow+Yin

9.30 am
Illiana Bonilla

Power

10.00 am
Chantelle Cooper

Hot Fusion

12.00 pm
Dana McKinley

Yin

12.00 pm
Illiana Bonilla

SUNDAY

Ashtanga Full Primary

8.00 am
Itay Lewinski

Flow Indigo

PRE-REGISTER

8.30 am
Tash Taylor

Hot 26&2

8.00 am
Dana McKinlay

Flow+Yin

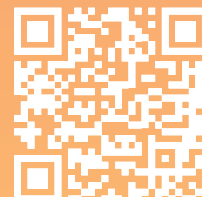
9.30 am
Stacey Serby

Core

12.00 pm
Dana McKinlay

Hot 26&2

2.00 pm
Dana McKinlay



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