



studio akasa

Timetable as at 1 January 2020

(timetable subject to change without notice – please confirm class times on our website)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am		Vinyasa Flow (60 min)		Vinyasa Flow (60 min)		Vinyasa Flow (60 min)	
6:30am			Pilates (60 min)		Vinyasa Flow (60 min)		
8:30am	Pilates (60 min)						Vinyasa Flow (75 min)
9:15am		Vinyasa Flow (60 mins)	Yin Yoga (60 min)	Vinyasa Flow (60 mins)	Pilates (60 min)	Yin Yoga (60 min)	
5:45pm		Vinyasa Yoga (75 min)	Power Yoga (75 min)	Power Yoga (75 min)	Pilates (60 min)		
7:00pm					Yin Yoga (60 min)		
7:15pm		Yin Yoga (60 min)	Yin Yoga (60 min)	Roll and Release (60 min)			

Class Descriptions

Power Yoga

Power Yoga is a strong yoga flow, focusing on alignment and instruction, designed to challenge and inspire both physically and mentally.

Our Power Yoga classes are taught with options for both newer and more experienced students.

Power Yoga will build your strength and stamina, so expect to sweat!

Vinyasa Flow

Breathe, move, focus.

An energising yoga flow; matching breath with movement to leave you feeling calm, strong, and flexible. Expect to sweat.

Roll and Release

Release sore muscles through myofascial release and trigger point therapy.

Using direct pressure with balls or blocks (and even other body parts as leverage) we massage deep into the tissues.

A weekly Roll & Release is the perfect complement to your regular practice, more so in times of intense training loads or recovery from injury.

Yin Yoga

Restore calm, release stress, and improve your flexibility.

Deep Stretch (Yin Yoga) classes offer passive poses, held for 3+ minutes, noticeably improving flexibility.

Pilates

Strengthen, isolate, repair.

Our Pilates classes work on strength and flexibility to improve posture, improve mobility, and build lean muscle. Limited to 15 students per class.

Price List

Introductory Offers (One per student)

- INTRO PASS – 10 days unlimited classes **\$30**
- BEGINNERS MONTH – One month unlimited **\$60**

Class Memberships (price per week)

- Unlimited – Month-to-Month **\$34**
- Unlimited – 6 Month Minimum Term **\$30**
- Unlimited – 12 Month Minimum Term **\$27**
- Unlimited – Tribe Membership **\$27**
- The Duo – 2 Classes/Week **\$24**

Class Packs (can be shared with others)

- Casual Class **\$25**
- 5 Class Pass (3 month expiry) **\$110**
- 10 Class Pass (3 month expiry) **\$190**
- 20 Class Pass (6 month expiry) **\$340**
- 50 Class Pass (12 month expiry) **\$750**

*All passes exclude workshops, retreats, and other special events.
Concession pricing in brackets requires proof of concession card
(student, pensioner, disability).*