



LIVELONG
HEALTH & WELLNESS

Click the **'BOOK CLASS'** button in our menu drop down or on our homepage, to see real-time updates of class times and availability. You can also book a place to join a session.

Classes subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am					YOGA		
7am							
8am						WIM HOF METHOD WORKSHOP <i>(Once a month)</i>	
9am					YOGA		
10am		PILATES					
11am							
12pm							
1pm							
2pm						WIM HOF METHOD GROUP SESSION <i>(Once a month)</i>	
3pm							
4pm							
5pm							
6pm			BREATH WORK	PILATES			
7pm	YOGA		YOGA	PILATES			
8pm							