



BRIGHTON'S HOME OF HOT YOGA

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		6:00 Inferno HIIT Pilates	Hot Flow	Inferno HIIT Pilates	Hot Flow	Inferno HIIT Pilates	Inferno/Hot HIIT Pilates*
7 AM							7:15 Warm Flow
8 AM							8:30 Hot Vinyasa
9 AM	8:30 Hot Vinyasa	9:00 Hot Blend	Hot Mat Pilates			9:00 Hot Physique	9:45 Hot Vinyasa
10 AM	9:45 Warm Flow			9:45 26+2 Bikram Style 90	9:30 Warm Vin-Yin		9:45 26+2 Bikram Style 90
11 AM		10:15 26+2 Bikram Style 90				10:15 26+2 Bikram Style 90	
12 PM							
1 PM						12:15 Vinyasa 45 1:00 Yoga Nidra Express	
5 PM	5:00 Yin Restore Meditation		5:00 26+2 Express	Hot Mat Pilates Express	26+2 Express	5:30 Yin & Ashtanga Flow 90	
6 PM		6:00 Hot Vinyasa	6:15 Hot Vinyasa 32°C	6:00 Hot Power Yoga	6:15 Mini Restore 45		
7 PM		7:15 FREE Warm Vinyasa	7:30 Hatha Harmony 75		7:15 Inferno HIIT Pilates		
8 PM				Yin		Yin	

Timetable subject to change - see peakphysiquehotyoga.com.au/brighton & click 'View Timetable' for up to date timetable information

* Classes Alternate Weekly - see peakphysiquehotyoga.com.au/brighton for details