



NOARLUNGA'S HOME OF HOT YOGA

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM							
6 AM		6:00 Hot Vinyasa	Hot Blend	Hot Power Flow 45	Warm Vin-Yin	Physique 45	
7 AM							7:15 Warm Physique
8 AM	8:00 Hot Slow Vinyasa						8:30 Hot Vinyasa
9 AM	9:15 Hot Mat Pilates	9:30 Hot Yoga	Interno HIIT Pilates	Interno HIIT Pilates	Hot Core 32 Degrees	Warm Hatha	9:45 Hot Mat Pilates/IHP*
10 AM							
4PM	4:00 Yin Teacher Rotation						
5PM							
6PM		6:00 Warm Physique	Warm Flow	5:45 Hot Physique	6:00 Hot Flow	Warm Flow & Restore	
7PM		7:15 Hot Physique	Warm Yin	7:00 Restore 75	7:15 Hot Mat Pilates		
8PM							
9PM							

Timetable subject to change - see peakphysiquehotyoga.com.au/noarlunga and click 'View Timetable' for up to date timetable information. *Classes alternate weekly