



Sherwood

MOVEMENT CLASSES WINTER – SPRING SCHEDULE

	MORNING	AFTERNOON	EVENING
Monday			Ashtanga 6-7pm Katie King Ashtanga Beginners 7:15-8:15pm Katie King
Tuesday	Yoga Nidra 7-8am Claire Stewart	Embodied Flow 10-11:15am Sarsha Hope	Pilates 6-7pm Lorna Pullin Vinyasa Flow 7:15-8:30pm Cathy Wallace
Wednesday	Gentle Flow Yoga 7:30-8:30am Lorna Pullin	Manipura Flow 10-11:15am Elizabeth Brumfield	Ashtanga Led 6-7:30pm Katie King
Thursday	Hatha Flow 7:30-8:30am Jen Markunas		Creative Flow 6-7:30pm Sarsha Hope Meditation 7:45-8:30pm FREE
Friday		Vinyasa Flow 8:30-9:30am Emily Ruygrok	Align 12:30-1:30pm Sarsha Hope Yin 6-7:15pm Elizabeth Brumfield
Saturday	Hatha Flow 7:30-8:30am Jen Markunas	Lotus Flow 10-11:15am Casey Hackmeyer	Community Class 4:30-5:30pm FREE Yin, Vin + Chocolate 6-7:15pm Last Saturday of every month
Sunday			Yin Yang 4:30-6pm Emily Ruygrok Restorative Yoga Nidra 6-7:15pm Claire Stewart



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Mats and water provided free of charge

SherwoodQueenstown.nz + 554 Frankton Road + Queenstown 9300 + Aotearoa, New Zealand