



Sherwood

MOVEMENT CLASSES WINTER SCHEDULE

	7.30-8.30am	10-11am	4.15-5.45pm	6-7pm
Monday	Awakening Hatha Yoga	Hatha Flow Yoga		Beginners Ashtanga Led
Tuesday		Hatha Flow Yoga (10-11.30am)		Hatha Flow Yoga
Wednesday	Awakening Hatha Yoga	Pilates		Ashtanga Led (6-7.30pm)
Thursday	Awakening Power Hour	Dynamic Vinyasa (10-11.30am)		Pilates
Friday	Awakening Hatha Yoga	Hatha Flow Yoga		Dynamic Vinyasa Yoga
Saturday	Awakening Power hour	Yin Yoga (10-11.30am)		
Sunday			Mysore Ashtanga (4.15-5.45pm)	Restorative Yoga



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— Mats and water provided free of charge + 90 minute classes in bold.

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