

POWER LIVING @ CANBERRA TIMETABLE

	mon	tues	wed	thurs	fri	sat	sun
6.15am		Power Yoga All Levels 60min		Power Yoga All Levels 60min			
7.15/7.30am		Meditation Optional 15min		Meditation Optional 15min			
7.15am	Power Yoga All Levels 60min		Power Yoga All Levels 60min		Power Yoga All Levels 60min		
8.00am						Power Yoga All Levels 90min	Power Yoga All Levels 90min
9.45am	Power Yoga Basics 75min	Yin Yoga 60min	Power Yoga Basics 75min	Yin Yoga 60min	Power Yoga Basics 75min		
10.00am						Power Yoga Basics 75min	Power Yoga Basics 75min
11.00am		Mums & Bubs 45min		Pre Natal 60min			
12.15pm	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min	Power Yoga All Levels 60min		
1.40pm	Power Yoga All Levels 60min		Power Yoga All Levels 60min		Power Yoga All Levels 60min		
4.00pm						Power Yoga All Levels 90min	Power Yoga All Levels 90min
4.15pm		Kids Yoga All Levels 60min		Kids Yoga All Levels 60min			
6.00pm	Power Yoga All Levels 60min	Power Yoga All Levels 90min	Power Yoga All Levels 90min				
6.30pm				Power Yoga All Levels 90min	Power Yoga Groove 90min		
7.45pm		Power Yoga Basics 60min	Yin Yoga 60min				
8.15pm				Yin Yoga 60min			

All our classes can be modified to suit any level of fitness.

Our rooms are heated to 30 degrees to aid in flexibility, joint mobility and detoxification. We encourage everyone to practice at their own pace and we cultivate a community free of competition and ego driven goals.

Our teachers are trained to the highest standard and our studios are equipped with showers and changing facilities. Come and try our introductory offer and enjoy the experience of Power Living.

Beginners always welcome!

Introductory Special Offer >> \$ **20** FOR **10** DAYS
OF UNLIMITED YOGA CLASSES
CONDITIONS APPLY

Massage is also available, so why not treat yourself!



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POWERLIVINGCANBERRA.COM.AU