



2025

# WEEKLY TIMETABLE

MONDAY

9:15am Yoga Reform Lounge  
12pm Hotpod Mansfield  
7:15pm Anytime Fitness Yoga

TUESDAY

7:30am online Yoga  
6:15pm Mixed Pole Fierce F  
7:30pm Beginner Pole Fierce

WEDNESDAY

9:30 + 12pm Hotpod Mansfield  
6:15pm Vinyasa Fierce F  
7:30pm Int/Adv Pole Fierce

THURSDAY

9:30am Hotpod Mansfield  
12pm Yoga Reform Lounge

FRIDAY

7:30am online Yoga  
12pm Hotpod Mansfield

SAT/SUN

Events and Day retreats