



moss vale
yoga + pilates

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CLASS SCHEDULE 2026

MONDAY

9:30 Yoga
11:00 Pilates

5:30 Yoga

TUESDAY

9:00 Yoga
10:30 Pilates

5:30 Pilates
6:30 Yoga

WEDNESDAY

7:30 Pilates
8:30 Pilates
9:30 Pilates
10:30 Pilates

5:00 Pilates

THURSDAY

9:30 Pilates

5:30 Pilates
6:30 Yoga

FRIDAY

7:30 Pilates
9:30 Yoga
11:00 Pilates

SATURDAY

Seasonal offerings of
yin yoga and flow
yoga plus workshops
and events.
Check website for
updates.

Pilates classes are small group reformer (max 4)

Yoga is classic hatha yoga or as noted (yin or flow).

Private or duo studio sessions available by appointment incorporating reformer, tower, exo chair and matwork. Perfect for special conditions or if you prefer to work on your own/ with a friend.

Bookings are made through the Momence App or the website browser.

You can choose to come at a regular time each week or make casual bookings to suit your schedule.

Classes must be booked and paid for in advance.

Yoga: Casual \$30 Five Pack \$125 Ten Pack \$220

Pilates: Casual \$35 Five pack \$160

Private \$85

CLASSES RESUME FROM MONDAY JANUARY 12TH 2026

BOOKINGS WILL OPEN DECEMBER 19.

ANY QUESTIONS SEND ME AN EMAIL AT MOSSVALEYOGASTUDIO@GMAIL.COM OR
CALL/TEXT 0408 432 819