

Timetable



Mon

7AM
Flow to Yin

9:30AM
Slow Flow

4:45PM
Vinyasa Flow

6:15PM
Mellow Flow

7:30PM
Yin

Tue

6:30AM
Vinyasa Flow

9:30AM
Slow Flow

4:30PM
Flow to Yin

6:00PM
Awakening Yoga

7:15PM
Yin & Meditation

Wed

6:15AM
Mellow Flow

9:30AM
Vinyasa Flow

4:45PM
Power Flow

6:15PM
Mellow Flow

Thu

6:15AM
Flow to Yin

9:15AM
Hatha

4:45PM
Mat Pilates Flow

6:00PM
Vinyasa Flow

Fri

6:00AM
Vinyasa Flow

9:30AM
Flow to Yin

6:00PM
Deep Flow

Sat

7:00AM
Mat Pilates

8:15AM
Awakening Yoga

9:30AM
Deep Stretch

Sun

9:00AM
Power Flow

4:30PM
Flow to Yin

How to prepare for a class

Arrive Early

We kindly ask that you arrive at least 10 minutes before class starts so you can settle in and we can set up the space comfortably for everyone—our studio holds 35 students.

To honour the experience of everyone in the room, we begin each class on time and don't allow late entries. If the blue doors are closed, it means class is in session—thank you for understanding.

Parking

There's plenty of street parking available on Stirling Street and surrounding streets. Some spots are paid and others are free—just check the signs before you park.

What to Bring

If you have a mat, please bring it along, along with a water bottle and a towel. We do have mats available, but numbers are limited.

Studio Etiquette

Come as you are, with intention and care. We ask that you respect the space, your fellow students, and yourself. This is a community space where we support one another's growth—let's continue to treat it with love and kindness.



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