

# Ikigai

## 2026 YOGA & PILATES SCHEDULE

|                   | Mornings                           | Evenings                                                       |
|-------------------|------------------------------------|----------------------------------------------------------------|
| <b>Mondays</b>    | 08h30<br>Yoga with Jess            | 16h00<br>Yoga with Jess                                        |
| <b>Tuesdays</b>   |                                    | 16h00<br>Prenatal Yoga with Jess                               |
| <b>Wednesdays</b> | 08h00<br>Yoga with Kirsty-Rae      | 17h30<br>Yoga with Kirsty-Rae                                  |
| <b>Thursdays</b>  |                                    | 16h00<br>Pilates with Cat                                      |
| <b>Fridays</b>    |                                    |                                                                |
| <b>Saturdays</b>  | 08h30<br>Mommy & Me Yoga with Jess |                                                                |
| <b>Sundays</b>    | 09h30<br>Vinyasa with Cat          | 16h00<br>Sound Healing with Jess<br>(last Sunday of the month) |

**Yoga Bookings** on [www.calendly.com/ikigai-yoga](http://www.calendly.com/ikigai-yoga)

**Cancellation policy:** Group classes < 3 hours notice for evening classes  
and 12 hours for morning classes.