

Ikigai

2026 YOGA & PILATES SCHEDULE

	Mornings	Evenings
Mondays	08h30 Vinyasa with Jess	17h30 Yoga flow with Kirsty-Rae
Tuesdays	09h00 Pilates with Tarryn	16h00 Prenatal Yoga with Jess
Wednesdays	08h30 Yoga flow with Kirsty-Rae	17h30 Vinyasa with Jess
Thursdays		16h00 Pilates with Cat
Fridays	08h30 Vinyasa with Antonella	
Saturdays	09h00 Mommy & Me Yoga with Jess	
Sundays	09h30 Vinyasa with Cat	16h00 Sound Healing with Jess (every 2 nd Sunday)

Bookings on www.calendly.com/ikigai-yoga

***Cancellation policy:** Group classes < 3 hours notice
Private classes <24 hours notice will be charged for.*