

HAVEN
Wellness

SCHEDULE

Inner West 2024/2025 Holidays

24/12

8AM HATHA FLOW*
10:15AM POWER PLAY

25/12

CLOSED

26/12

CLOSED

27/12

10:15AM RETROHIIT

28/12

7:45AM HATHA FLOW*
9:00AM BOXING SKILLS & TECH
10:00AM STRONG

29/12

10:00AM GENTLE HATHA*
**11:30AM SPECIAL FREE EVENT TBC - BREATHWORK JOURNALLING WITH MELLY*

30/12

10:15AM STRONG

31/12

10:15AM POWER PLAY
11:00AM UNWIND

1/1

CLOSED

2/1

9:15AM STRONG
10:15AM STRETCH & FLEX

3/1

10:15AM RETROHIIT

4/1

9:00AM BOXING SKILLS & TECH
10:00AM STRONG
11:00AM GENTLE HATHA

5/1

9:30AM STRONG
10:30AM HATHA

OPEN STUDIO
AMPLE SPOTS AT
VARIOUS TIMES

* = **HYBRID CLASS**
(BOTH IN-STUDIO

SEE MOMENCE
FOR LIVE
SCHEDULE