



**\$35 Introductory Pass 10 days Unlimited Yoga\*\***

MON	TUE	WED	THUR	FRI	SAT	SUN
	6am Xpress	5.30am Xpress	6am Mat Pilates	5.30am Xpress	6am Xpress	
	8am SDS		8am BNS		7.15am MYA	8.00am SDS
9.15am SDS	9.15am MYA	9.15am SDS	9.15am BNS	9.15am B2B	8.30am Pregnancy*	9.15am Mat Pilates
10.30am GoldenYogi			10.30am GoldenYogi			
						5pm yin
6pm MYA	6pm Yin	6pm Basics	6pm MYA	6pm TBC 90 mins		
7.15pm SDS	7.15pm BNS		7.15pm Beg Crs*	1 <sup>st</sup> Friday of month**		

**All Levels Welcome!!**

**Beginners Courses**

**Prenatal Courses**

**Kids Yoga**

**Yoga for Seniors Open Classes 7 days**

\*Requires Bookings

\*\*Not valid for courses or workshops. For new students only.

Limit one per person. Valid for 10 consecutive days from the date of purchase

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