

ten toes

YOGA & NATURAL HEALTH

timetable (updated 30 June 2010)

PLEASE REMEMBER TO CHECK THE WEBSITE REGULARLY FOR TIMETABLE & WORKSHOP UPDATES

	MON	TUE	WED	THU	FRI	SAT	SUN
AM 6.00		Yoga Flow (60 mins)					
8.00			Yoga Flow (75 mins)			Yoga Flow (75 mins)	
9.00		915am Yoga for Women <small>STARTS 6 JUL</small>		915am Yoga Flow (75 mins)		Beginners Course (bookings essential)	Yoga Flow (90 mins**)
11.00				10.45am MumsNBubs (60 mins) <small>STARTS 15 JUL</small>		Pregnancy Yoga (75 mins)	
PM 5.00		Yoga Flow (60 mins)		Yoga Flow (60 mins)			
6.00	HOT Yoga Flow* (75 mins)	615pm Yoga Flow (60 mins)	Dynamic Yoga Flow* (75 mins)	615pm Yoga Flow (60 mins)	Yoga Flow (75 mins)		Learn to Meditate (bookings essential)
7.30	Beginners Course (bookings essential)	Pregnancy Yoga (75 mins)	Yoga Stretch (60 mins)	Beginners Course (bookings essential)			

* BYO Yoga Mat and Towel to all HOT Yoga Flow classes

** Sunday Yoga Flow at 9am is followed by Pranayama (breathing) practice

To attend a beginners course, please check the dates and register online

PRICES

INTRO SPECIAL \$20 for 3 classes (valid two weeks, newcomers only)

CASUAL \$16 (\$13 concession - pension, student card req'd)

TEN CLASS PASS \$140 (\$120 concession - pension, student card req'd)

MONTHLY PASS \$150 (unlimited classes, discount workshops)

Payment can be made at the studio by cash, Visa, MasterCard or EFTPOS

