

Yoga Pilates Massage

for everyone ...

NEW -
CORE YOGA

SCHEDULE
COMMENCES
JULY
2010



DAY	TIME	CLASS	VENUE
MON	10-11am	Yoga/Pilates	Ulladulla
	11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
	6-7pm	Yoga/Pilates	Milton CWA
TUES	10-11am	Yoga/Pilates	Ulladulla
	4.30-5.30pm	Yoga/Pilates	Ulladulla
	6-7.30pm	Core Yoga	Ulladulla
WED	10-11am	Yoga/Pilates	Ulladulla
	4.30-6pm	General Yoga	Ulladulla
	6.30-8pm	Core Yoga	Ulladulla
THUR	9.30-11am	General Yoga	Surf Club
	6-7.30pm	Yoga/Pilates	Ulladulla
FRI	8.30-9.30am	Core Yoga	Ulladulla
	10-11am	Yoga/Pilates	Ulladulla
SAT	9.30-10.30am	Yoga/Pilates	Ulladulla

PRE-NATAL CLASSES MONDAY 1.30-3PM - PLEASE PH IF INTERESTED
LAUGHTER YOGA CLASSES FOR GROUPS

- This schedule is subject to changes • A selection of classes run during school holidays
- Please phone Kerri to confirm

Yoga/Pilates focus is on core strength & flexibility,
Core Yoga is a dynamic Yoga/Pilates fusion class to strengthen & streamline the body,
General Yoga class for all levels to energise, relax & revitalise

1hr classes \$10/\$8con or term payment @ \$9/\$7con per class

1.5hr classes \$15/\$12con or 3 @ \$39/\$33con

or term payment @ \$12/\$10.50con per class

Ulladulla Classes are held in a private studio, they run on demand & bookings are required
Bookings are appreciated for Milton class • No bookings required for Mollymook Surf Club class

STUDIO & MOBILE TREATMENTS INCLUDE -
remedial, swedish, ka huna (hawaiian)
& pregnancy massage

craniosacral therapy • reflexology • bower therapy • ear candling

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