

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		Equipment	Yoga (6.50am)		Equipment	
7:00	Equipment					
7:30		Equipment			Equipment	Equipment
8:00	Equipment	Mat Class	Equipment	Equipment	Equipment	Equipment
8:30						
9:00	Equipment	Mat Class	Equipment	Equipment	Equipment	Equipment
9:30	Equipment					
10:00	Equipment		Equipment	Equipment		Mat Class
10:30						
11:00		Bone and Body	Bone and Body			
		Pre/Post Natal <b>12pm-1pm</b>				
<b>STUDIO FREE 12pm-4pm. Except for Tuesday &amp; Thursday 1:00pm to 3:00</b>						
3.30		Equipment				
4:00			Equipment			
4:30	Equipment	Equipment	Equipment			
5:00		Equipment				
5:30	Equipment	Equipment		Equipment		
6:00		Equipment	Equipment			
6:30	Equipment	Equipment	Mat Class	Equipment		
7:00						

**Please note** that some classes may be full and you may need to be placed on a waitlist temporarily until a permanent spot becomes available. A deposit is required in order to reserve a permanent position in a class.

**Initial Class - \$50 (equipment) \$28 (mat)** (recommended to try one class casually at first)

**Equipment: Pack of 5 classes \$220** flexi pass; **\$200** for permanent classes **Pack of 10 classes \$420** flexi pass, **\$400** for permanent classes

**Mat: Pack of 5 classes \$110**

**Pack of 10 classes \$220**

**Yoga: Pack of 5 classes \$112.5**

**Pack of 10 classes \$225**