

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6.15 - 7.30am Jamie General			6.15 - 7.15am Jamie General		
					9 - 10.30am Barbie General (blocks**)	9 - 10.15am General
10 - 11.30am Patsy General		9.30-10.30am Saraid Vinyasa Flow	10-11.15am Emma General (Term time**)			11 - 12 Emma Prenatal (blocks **)
	5.45-6.45pm Vanessa Balance					
6 - 7.15pm Jamie General		6 - 7.15pm Feature Classes See online for details		5.30-6.45pm Patsy Restorative		
					Barbie - 0427 527 212 Vanessa - 0429 671 622 Jamie - 0418 859 013 Tina - 0427 001 935 Emma - 0438 858 680 Patsy - 0438 831 170 Saraid - 0428 827 379 email - ppsy5606@gmail.com	
					** Please contact individual teachers regarding dates for these classes	
				25 January 2020		

Yoga Class Fees \$15 / \$13 concession

Contact Emma regarding Beginners, Prenatal and Post Natal class options