

Holiday Timetable

Dec 17 - Jan 13 2019

Day	Date	Class	Time
Monday	17-Dec	Yoga	6:00 - 7:15PM
Monday	17-Dec	Pilates	7:30 - 8:30PM
Tuesday	18-Dec	Yoga - \$15	10:00 - 11:00AM
Tuesday	18-Dec	Seniors Yoga \$10	11:30 - 12:30PM
Tuesday	18-Dec	Pilates	6:30 - 7:30PM
Tuesday	18-Dec	Yoga	7:30 - 8:30PM
Wednesday	19-Dec	Yoga	6:15 - 7:45AM
Wednesday	19-Dec	Yoga	6:00 - 7:30PM
Wednesday	19-Dec	Pilates	7:30 - 8:30PM
Thursday	20-Dec	Yoga - \$15	10:00 - 11:00AM
Thursday	20-Dec	Seniors Yoga \$10	11:30 - 12:30PM
Saturday	22-Dec	Pilates	8:30 - 9:30AM
Saturday	22-Dec	Yoga	9:30 - 10:30AM
Saturday	22-Dec	Yoga	10:30 - 12:00PM
Sunday	23-Dec	Yoga	9:00 - 10:30AM

Studio Closed Monday December 24 - January 1 2019

POST PUD Yoga Workshop December 26 - 29, 9 - 11AM Daily

Wednesday	2-Jan	Yoga	6:15 - 7:45AM
Wednesday	2-Jan	Yoga	6:00 - 7:30PM
Thursday	3-Jan	Yoga - \$15	10:00 - 11:00AM
Thursday	3-Jan	Seniors Yoga \$10	11:30 - 12:30PM
Saturday	5-Jan	Pilates	8:30 - 9:30AM
Saturday	5-Jan	Yoga	9:30 - 11AM
Sunday	6-Jan	Yoga	9:00 - 10:30AM

BE HERE NOW Yoga Workshop January 3 - 5 , TBA

Monday	7-Jan	Pilates	6:30 - 7:30PM
Tuesday	8-Jan	Yoga - \$15	10:00 - 11:00AM
Tuesday	8-Jan	Seniors Yoga \$10	11:30 - 12:30PM
Wednesday	9-Jan	Yoga	6:15 - 7:45AM
Wednesday	9-Jan	Pilates	6:30 - 7:30PM
Thursday	10-Jan	Yoga - \$15	10:00 - 11:00AM
Thursday	10-Jan	Seniors Yoga \$10	11:30 - 12:30PM
Saturday	12-Jan	Pilates	8:30 - 9:30AM
Saturday	12-Jan	Yoga	9:30 - 11AM
Sunday	13-Jan	Yoga	9:00 - 10:30AM

FROM THE GROUND UP Yoga Workshop January 7 - 9, 6 - 8PM Daily

- * **All classes \$24 per visit unless otherwise specified**
- * **Valid 10 class passes may be used**
- * **Intensives must be booked & paid prior to commencement**