

healthspace

Yoga & Pilates

2 WEEKS UNLIMITED CLASSES for \$29



Phone: 9979 8887 Mobile: 0405 330 613

Mona Vale Surf Lifesaving Club

Surfview Road, Mona Vale

www.healthspaceclinics.com.au/classes

healthspace Yoga & Pilates

Timetable runs from: 8 Jan - 31 Mar 2017

	MONDAY
6:15 - 7:15am	PILATES (from 29th Jan)
8:00 - 9:00am	YOGA THERAPY - Julia (from 15th Jan)
9:30 - 10:30am	PILATES - Karen (from 5th Feb)
7:00 - 8:00pm	IYENGAR YOGA - Jo
8:00 - 9:00pm	SPORTS RECOVERY YOGA - Lou
	WEDNESDAY
9:30 - 11:00am	IYENGAR YOGA - Jo
	THURSDAY
8:30 - 9:30am	PILATES - Michelle (from 18th Jan)
11:00 - 12:00pm	MUMS N BUBS - Lou
4:00 - 4:45pm	KIDS YOGA (age 5-12) - Jo (1st Feb - 12th Apr)
5:30 - 6:15pm	PILATES - Michelle (from 18th Jan)
	SATURDAY
9:00 - 10:00am	PILATES - Karen (from 3rd Feb)
10:00 - 11:00am	PRE NATAL YOGA - Lou

All bookings via Mind Body. Download app or go to : mindbodyonline.com and look for Health Space



Kids Yoga is an 11 week term at \$100 for the term or \$12 for a casual class. All equipment is provided, including mats, bolsters, blocks and straps.