

healthspace

Yoga & Pilates

2 WEEKS UNLIMITED CLASSES for \$29



Phone: 9979 8887

1789 Pittwater Road, Mona Vale

www.healthspaceclinics.com.au/classes

healthspace Yoga & Pilates

Timetable runs from: 1 Oct - 31 Dec 2017

	MONDAY
8:00 - 9:00am	YOGA THERAPY - Julia
9:30 - 10:30am	PILATES - Karen
7:00 - 8:00pm	IYENGAR YOGA - Jo
8:00 - 9:00pm	SPORTS RECOVERY YOGA - Lou
	TUESDAY
8:15 - 9:15am	PILATES - Leanne
9:30 - 10:30am	PILATES STRETCH - Leanne
	WEDNESDAY
9:30 - 11:00am	IYENGAR YOGA - Jo
7:00 - 8:00pm	RESTORATIVE YOGA & MEDITATION FOR RELAXING - Maria (from 11th Oct)
	THURSDAY
8:30 - 9:30am	PILATES - Michelle
9:45 - 10:45am	FLUID MOTION - Shane
11:00 - 12:00pm	MUMS N BUBS - Lou
4:00 - 4:45pm	KIDS YOGA (age 5-12) - Jo (12th Oct - 7th Dec)
5:30 - 6:15pm	PILATES - Michelle
	FRIDAY
10:00 - 11:00am	PILATES - Sheri
11:15 - 12pm	OOV - Adam
6:30 - 7:30pm	MEDITATION - Maria (Last Friday of each month) 27th Oct, 24th Nov, 29th Dec
	SATURDAY
7:45 - 8:45am	HATHA YOGA - Karen
8:50 - 9:50am	PILATES - Karen
10:00 - 11:10am	PRE NATAL YOGA - Lou

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



Kids Yoga is a 9 week term at \$90 for the term or \$12 for a casual class. All equipment is provided, including mats, bolsters, blocks and straps.