

healthspace

Yoga & Pilates

at Mona Vale Surf Club

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

at Mona Vale Surf Club

Timetable runs from: July - December 2018

	MONDAY
6:15 - 7:15am	PILATES - Michelle (Term Dates Only)
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
	WEDNESDAY
9:30 - 11:00am	IYENGAR YOGA - Jo
	THURSDAY
8:15 - 9:15am	PILATES - Michelle
11:00 - 12:00pm	MUMS N BUBS - Lou
3:15 - 3:45pm	PRESCHOOL YOGA - Jo (Term Dates Only)
4:00 - 4:45pm	KIDS YOGA (age 5-12) - Jo (Term Dates Only)
5:30 - 6:30pm	PILATES - Michelle
	SATURDAY
8:30 - 9:30am	PILATES - Karen
9:45 - 11:00am	PRE NATAL YOGA - Lou

Term Dates: Tues 24/7 - Fri 28/9
Mon 15/10 - Wed 19/12

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



Kids Yoga is \$120 for the term or \$14 for a casual class.
All equipment is provided, including mats, bolsters, blocks and straps.