



# LARGS BAY

HEALTH & YOGA

## Timetable from 11/01/2021

Time	Class
<b>Monday</b>	
06.00 – 07.15pm	Yoga Beginner
07.30 – 08.45pm	10 Week Introductory Yoga Course - Monday 07.30pm 01/02 – 19/04/21 - Saturday 11.00am 01/05 – 03/07/21 - Monday 07.30pm 19/07 – 20/09/21
<b>Tuesday</b>	
06.00 – 06.45pm	Group Exercise
06.00 – 07.15pm	Yoga Gentle
08.00 – 08.45pm	Foam Roller Class
<b>Wednesday</b>	
09.00 – 10.15am	Yoga General
06.00 – 07.00pm	Stretch-out Class
07.30 – 08.45pm	Yoga Beginner
<b>Thursday</b>	
05.15 – 06.00pm	Group Core Strengthening
06.30 – 08.00pm	Yoga General
<b>Friday</b>	
09.00 – 10.30am	Yoga Beginner
<b>Saturday</b>	
09.00 – 10.30am	Yoga General
<b>Sunday</b>	
09.00 – 10.15am	Yoga Beginner

Prices – Individual Class \$20 (\$15 Concession) / 10 Class Pack \* \$170 / 3 Class Weekly Pack \$40 / 2 Class Weekly Pack \$30 / 1 Month Unlimited Pack \$200.

\* The 10-class pack can be used for all classes and can be used as and when you can attend. You don't need to book 10 consecutive classes. The 10 Class Pack is valid for 12 months from the date of purchase.

Please note that our timetable is subject to change from time to time. The most up-to-date timetable is available via the MindBody App or on our website.