

# Timetable

[www.yoga2fitness.com.au](http://www.yoga2fitness.com.au)

043 88 00 499



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>9.00am – 10.00am</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>
<b>9.30am-10.30am</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at CURRAMBINE</b>	<b>9.30am –10.45am</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>	<b>9.30am-10.30am</b> <b>YOGA (1 hour)</b> “flex, tone & relax” <b>ONLINE ZOOM ONLY</b>	<b>9.30am – 10.45am</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>	<b>9.30am – 10.30am</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>	
<b>7.00pm – 8.15pm</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>		<b>7.00pm – 8.15pm</b> “flex, tone & relax” <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>			

“Flex, tone and relax” is a general class of yoga and meditation for all levels. Beginners welcome at any class. Listen to your body and don't push or strain and take authority with your body to make the right decisions for you.

## VENUE ADDRESSES:

**Monday morning at CURRAMBINE:** Activity room, Currambine Community Centre

**All other classes at HEATHRIDGE:** St Mary Magdalene Anglican Church, Cnr Caridean St and Lysander Drive

**Wednesday morning is online zoom only**

## Class information & Prices for live and online Zoom classes

First Try class \$10-

**75 minute classes**    **5 class pass \$80-**    **10 class pass \$160-**    (= \$16- per class)    **Casual drop in class \$18-**  
\*concession rate:    5 class pass \$70-    10 class pass \$140-

Concession rate is offered at 75 min classes to: seniors, pensioners, carers, students and couples & family members attending together

**1 hour classes**    **5 class pass \$60-** / **10 class pass \$120-**    (= \$12- per class)    **Casual drop in class \$15-**

**EXTRA CLASSES:** 2nd class in the same week just pay a casual fee of \$10- or 3<sup>rd</sup> class only \$5-

**UNLIMITED live and online classes: 1 month = \$108- or \$101- concession    1 week = \$27-**

**\*SPECIAL RATE FOR ONLINE CLASSES ONLY** Week membership for unlimited **ONLINE ONLY** classes = \$18

Monthly membership for unlimited **ONLINE ONLY** classes = \$75

One class a week casual booking for **ONLINE ONLY** classes = \$8

\* Class passes are *flexible* and do not need to be used consecutively or at the same class, you can go between classes and pay the difference if it's a 75 minute class and your prepaid pass is for the 1 hour class.

\* Class passes are *non-refundable* however are valid for 6 months from date of first use or can be transferred to another person or placed on hold if you are ill or away on holidays.

\* Unlimited class memberships are valid for 1 month or 1 week but can be put on hold for client holidays for illness etc.

**WHAT ELSE TO KNOW: WEAR**—comfortable stretchy clothing    **BRING a MAT** or you may borrow one at class (subject to availability)

**ARRIVE** 10-15 minutes before class to check in with the teacher and get settled on your mat    **LATE ARRIVALS** – please enter quietly

\***Please turn off your mobile phone** and enjoy this quiet time for yourself ☺

**BRING a WATER BOTTLE** and any props, pillows etc    **blanket and socks** - in the cooler months for the relaxation

**EAT**— empty tummy is best or only a light snack up to an hour before class, leave a few hours after a meal

**RELAX**—*you will benefit most when you are relaxed and listen to your body, no need to push or strain, move mindfully and enjoy!*

**Any queries please contact Bettina at: [info@yoga2fitness.com](mailto:info@yoga2fitness.com) or CALL : 043 88 00 499**

Yoga Instructor Level 2 Yoga Australia, Meditation Facilitator, Seniors Chair Yoga, Cert III / IV Fitness, Children/Teen Yoga & ChiBall instructor