

# Timetable

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

043 88 00 499



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9.30am-10.35am</b> "flex, tone & relax" <b>ONLINE ZOOM and</b> <b>Live at CURRAMBINE</b>					<b>9.00am – 10.05am</b> "flex, tone & relax" <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>
	<b>9.30am –10.35am</b> "flex, tone & relax" <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>		<b>9.30am – 10.35am</b> "flex, tone & relax" <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>		
<b>7.00pm – 8.05pm</b> "flex, tone & relax" <b>ONLINE ZOOM and</b> <b>Live at HEATHRIDGE</b>					
		<b>7.00pm – 8.05pm</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 2, Currambine Community Centre

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

## 2025 Class information & Prices for live and online Zoom classes First Try class \$10

**65 minute classes**    **5 class pass \$78**    **10 class pass \$155**                      **Casual drop in class \$18**

\*concession rates:    5 class pass \$68    10 class pass \$135

**\*concession rate is offered to: seniors, pensioners, carers and students**

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

**Membership for UNLIMITED live and online classes: 1 month = \$112-    or    1 week of unlimited classes = \$28-**

**\*SPECIAL RATE FOR ONLINE CLASSES ONLY**    **5 class pass online only \$45**                      **Casual online class \$10**

**There are some FREE recorded classes and meditations to access via your Momoyoga booking account**

- \* Class passes are *flexible* and do not need to be used consecutively or at the same class, you can go between classes.
- \* Class passes are *non-refundable* however are valid for 12 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**, water bottle and any props, bolsters or pillows etc (**or borrow one at class – subject to availability**) bring a blanket and socks - in the cooler months for the relaxation

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

**\*Please reschedule your class if you are feeling unwell there is no penalty for cancellations. Class pass holders will get a class credit returned to your account and monthly or weekly memberships will also be adjusted.**

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

**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*